

# Owego Cross Country Invitational 2016

Dear Coach,

We invite you and your runners to be a part of the annual Owego Invitational which will be held at scenic Pheasant Hill Country Club in Owego, NY on Saturday **September 17<sup>th</sup>**, 2016. Pheasant Hill is located just minutes from exit 64 on Rt. 17 (86). We have had great experiences hosting our invitational along with the S.T.A.C. Championships at this site for the past five years and look forward to racing at Pheasant Hill once again in 2016!

**Courses:** *Varsity and Junior Varsity:* 3.1 miles (wheeled). *Modified Course:* 1.65 mile loop. Spikes are recommended for this varsity course. This golf course has rolling hills with great spectator viewing. **No spikes for Modified.**

**Races:** and the time schedule for the meet:

- 8:40 a.m. Coaches Meeting at the Finish Line
- 9:06 a.m. Modified Girls (large school)
- 9:24 a.m. Modified Boys (small school)
- 9:42 a.m. Modified Boys (large school)
- 10:00 a.m. Modified Girls (small school) (*Awards Ceremony for modified races 11:00 a.m.*)
- 10:20 a.m. Girls (Large schools)
- 10:55 a.m. Varsity Boys (small schools)
- 11:25 a.m. Varsity Boys (Large schools)
- 11:55 a.m. Girls (small schools)
- 12:30 p.m. J.V. Boys
- 12:50 p.m. Varsity Awards Ceremony

## **Awards:**

Team Trophies    1<sup>st</sup> - 3<sup>rd</sup> places in Varsity divisions (Large School) and (Small School)  
                          1<sup>st</sup> - 3<sup>rd</sup> places JV boys (1 division)  
                          1<sup>st</sup> & 2<sup>nd</sup> places in Modified divisions (Large School) and (Small School)

### Individual Awards

T-Shirts            Top 10 in varsity races receive t-shirts  
                          Top 10 in JV races receive t-shirts  
                          Top 5 in modified races receive t-shirts

Medals             Top 15 in Varsity races  
                          Top 15 in JV races  
                          Top 10 in Modified Races

**Please email me at [heathj@oacsd.org](mailto:heathj@oacsd.org) to confirm your entry as soon as possible.** Please contact me with any questions, I can be reached at home by phone at (570) 250-8515

John Heath, Varsity Cross Country Coach  
Owego Free Academy

**Entry Fees:** \$140 School Maximum, \$70 for a single team, \$12 for individuals.

**DEADLINES:** Entries will be made using sydexsports.com (call me with any questions). Rosters and race designation will be due by 8:00pm **Wednesday September 14<sup>th</sup>, 2016** in Sydex. Do your best to get entries in before Wednesday. Teams that don't have entries in by the deadline may not have athletes officially entered in the meet.

If you are interested in attending, please email me and then send your entry fee or voucher along with your entry form. You will then still use Sydex to enter you official roster by the 17<sup>th</sup>. Please email me with any questions.

Claim forms/checks are made out to

**Owego Cross Country**  
Owego Apalachin Middle School c/o **John Heath**  
3 Sheldon Guile Boulevard  
Owego, NY 13827

## 2016 Owego Invitational Entry Form

School \_\_\_\_\_ Address \_\_\_\_\_

Coach \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Please check the races your team will be participating in with approximate entry #'s:

Modified: \_\_\_\_\_ Boys \_\_\_\_\_ # of competitors \_\_\_\_\_ Girls \_\_\_\_\_ # of Competitors

JV: \_\_\_\_\_ Boys \_\_\_\_\_ # of competitors

Varsity: \_\_\_\_\_ Boys \_\_\_\_\_ # of competitors \_\_\_\_\_ Girls \_\_\_\_\_ # of Competitors

\_\_\_\_\_ FEE ENCLOSED \_\_\_\_\_ **(FEE will be mailed)** \_\_\_\_\_ FEE will be presented at the event

**Please email me at [heathj@oacsd.org](mailto:heathj@oacsd.org) to confirm your entry as soon as possible.** Please contact me with any questions, I can be reached at home by phone at (570) 250-8515

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