

PEMBROKE DRAGON XC INVITATIONAL



SATURDAY, OCTOBER 5TH, 2019 @ 10:00AM
This is the 25th annual Pembroke Dragon XC Invitational!

Where? Pembroke Town Park located next to Pembroke Jr./Sr. High School on Route 77 just south of Route 5. We are 5 miles east of Akron and 13 miles west of Batavia. Take NYS Thruway to exit 48A and go south ½ mile. Drop off and Bus parking is at high school. Cars can park at the Town Park (just south of the school on Route 77).

Races There will be 6 races held this year. We usually attract a nice variety of large and small schools from Section V and VI that will compete as a mixed invitational which makes us unique.

Course This is a challenging one-loop course which features 2 big hills and a long, rolling trail run. The course provides a good tune-up for Sectionals and States. Spikes are recommended.

Scoring Both boys and girls varsity races will score the top 5 runners. Tiebreaker will be the place of the #6 runner. Enter top 7 runners only for varsity races. Timing by Nenno Timing. Full varsity results will be posted on www.yentiming.com and www.tullyrunners.com websites. Entries will be through Yen Timing.

Awards Varsity races: the top 3 teams will receive a trophy, race winners will receive a trophy; 1st–30th finishers receive a medal.
JV races: Top 20 receive a ribbon
Modified races: Top 5 receive medals, all others get a ribbon.

Facilities The Town Park has shelters, bathrooms and Port-O-Potties.

SCHEDULE

10:00am Modified Boys
10:20am Modified Girls
10:40am Varsity Boys
11:10am JV Boys
11:40am Varsity Girls
12:10pm JV Girls
Awards ASAP (@ large Pavilion)

Questions? Call Mike Hoffman (716)491-5834 email: mhoffman@pembrokecsd.org
Please make online entries at www.yentiming.com by Sept.27th

Fill out the form below and return to:
Michael Hoffman
Varsity Cross Country Coach
Pembroke Junior/Senior High School
PO Box 308
Corfu, NY 14036

Make checks or forms payable to **Pembroke Cross Country**

We hope you will be able to join us on Oct. 5th Your prompt response is greatly appreciated. Please confirm ASAP, if you plan to attend.

School_____

Address_____

Coach name_____email_____

Coach name_____email_____

School phone_____

Home phone_____Cell phone_____

	<u>Number of runners</u>	Total cost \$ _____
Modified Boys	_____	\$50 per race entered
Modified Girls	_____	\$10 per individual
		\$100 total package
Varsity Boys	_____	
Varsity Girls	_____	
JV Boys	_____	
JV Girls	_____	