

PEMBROKE DRAGON INVITATIONAL



SATURDAY, OCTOBER 15TH, 2016 @ 10:00AM

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 7 races held this year, including an Open/Alumni Race. We usually attract a nice variety of schools from Section V and VI.

Course This is a challenging one-loop course which features rolling hills and a run through the school's nature trails and the new trails at the town park. 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. There will be no team scoring for modified or JV races. Full varsity results will be posted on www.section6runs.com and www.tullyrunners.com websites.

Awards Varsity races: the top 3 teams will receive a trophy, race winners will receive a trophy; 1st–20th finishers receive a medal.

JV race: Top 10 receive a ribbon

Modified races: Top 3 receive medals, all others get a ribbon.

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

SCHEDULE

9:30am Open Race
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

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. 15th. Your prompt response is greatly appreciated. Please confirm ASAP, if you plan to attend.

Complete and return payment by Oct. 1st, 2016

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 team
Modified Girls _____	\$10 per individual
	\$90 total package
Varsity Boys _____	
Varsity Girls _____	
JV Boys _____	
JV Girls _____	
Open Race _____	