

29th Annual Penfield Irondequoit

Cross Country Invitational

Friday, October 7, 2016

4:10pm

Harris Whalen Park, Penfield, NY

Meet Directors:

David Hennessey, Penfield HS (home 585-334-6323)

Matt Tytler, Irondequoit HS / Ann Porter, Irondequoit HS

Ray Manuszak, Honorary Meet Director

Time	Event	Individual Awards	Team Awards
4:10 PM	Modified Girls	Medals 1-15 Ribbons to all	1 st – 3 rd Place
4:25 PM	Modified Boys	Medals 1-15 Ribbons to all	1 st – 3 rd Place
4:45 PM	Varsity Girls	Medals 1-15 Ribbons to all	1 st – 3 rd Place; 4 th Annual Ray Manuszak Award given to fastest girl of the day
5:15 PM	Varsity Boys	Medals 1-15 Ribbons to all	1 st – 3 rd Place; 4 th Annual Ray Manuszak Award given to fastest boy of the day
5:45 PM	Varsity B Boys	Medals 1-15 Ribbons to all	1 st – 3 rd Place
5:45 PM	Varsity B Girls	Medals 1-15 Ribbons to all	1 st – 3 rd Place
6:20 PM	Team Awards		

- Team may run 10 Athletes in the Varsity Race
- Varsity B Girls will start one minute after Varsity B Boys

Event Information

- Friday Event of Columbus Day Weekend
- Challenging 5K course over grass and wooded trails
- Souvenir t-shirts will be sold
- Concession Stand

Please: NO PARKING on the road. Please inform your parents of this. There is parking at the Harris Hill Elementary School and at the top of the hill in the park as well as across the road at Wegman's

- Online entries through Yen Timing by October 3rd
- Top 10 Runners in Varsity race, Unlimited runners in other races
- Modified race is 1.5 miles. Modified athletes may wear spikes
- Buses/vans can drop off athletes at the park loop. They must park in the parking lot at the top of the hill or at Penfield High School

Entry Fee:

\$125 per school (Max for all races)

\$40.00 per team

\$10.00 per individual

29th Annual Penfield-Irondequoit Invitational

Official Entry for: _____(School)

Contact Name: _____ Email/Phone _____

Amount Enclosed: _____

_____ \$125 Max _____ \$40.00 per race _____ \$10.00 per individual

Make Checks payable to "Penfield Cross Country Booster Club"

Send Checks to: Penfield Cross Country Booster Club

Attn: Dave Hennessey

25 High School Drive

Penfield, NY 14526

Coaches: Please submit rosters through www.yentiming.com by October 3, 2016