June 9, 2016

Dear Cross Country Coaches,

We are pleased to announce that Queensbury High School will be holding the ***13th Annual Adirondack Cross-Country Classic*** on **Saturday, September 17th, 2016**. We are interested in running a championship quality meet, which will attract the top teams from New York and surrounding states. This will be the same course that was run for the 2005 and 2013, New York State Cross-Country Championships. The races will be held at the Queensbury School campus on our 5,000-meter course. The course will be run entirely on grass and trail surfaces as this is a true "spike" course. The course starts with an open field of 400 meters before you reach the trails. There are no road crossings and the trails are wide and smooth. The course will offer 555 meters of open field to the finish. The course is rolling and fast with 2 challenging hills located at mile 1 and mile 2. This is a spectator friendly course and will offer participants and spectators alike a running festival atmosphere.

The results will be available within 15 minutes of the conclusion of each race. Team awards will be picked up at the results tent and copies of all results will be offered immediately after awards are posted. Individual awards will be handed out at the end of the chute.

We look forward to seeing you and your team and hope you will consider attending our event. Make plans now to enter. The entry blank and a fact sheet are attached and are due by ***Monday,* September 12th *. This year we will be using Mile Split NY to register for the meet. For instructions on how to use Mile Split NY see the information below.*** Good luck in the coming year.

Sincerely,

Kevin Sullivan - Coach
Bob Underwood - Meet Director

Note: You may want to book hotels early as this weekend is a busy one and may book up early.

13th Annual Queensbury Adirondack Cross-Country Classic Invitational
NYSPHSAA State Meet Coaches Invitational
Saturday, September 17th, 2016
Queensbury School District Campus, Queensbury, New York

Location: Queensbury High School is located just off Exit 19 of I-87 the Adirondack Northway. The campus sits at the base of the Adirondack Mountains and is just 7 miles south of Lake George.

Facility: Queensbury offers an outstanding facility with a large gym, new locker rooms, and adequate restroom facilities for both athletes and spectators.

Entry Fee: $100 per team, $180 for both boys' and girls' teams.

Course: The 5000-meter course is rolling and fast and is run entirely on grass and trails. There are 2 challenging hills located at mile 1 and mile 2. There are over 400 meters of open grass field at the start and finish. The freshmen/modified course will be 1.8 miles and will be fast and rolling with no major hills.

Concession Stand: Refreshments and quality, long-sleeve t-shirts will be sold.

Teams/Scoring: Teams will score 5 runners out of a possible 7 entered in all races. Teams may enter a maximum of 7 athletes in the varsity races. The JV, modified, and freshmen races will have unlimited entries.

Awards: Team trophies will be awarded to 1st, 2nd, and 3rd in each Varsity and JV race. Championship shoe bags or blankets will be awarded to the winning team and coach in each of the races.
Individual medals will be awarded to the top 40 in the varsity, jv, modified and freshmen races. Ribbons will be awarded to 100th place in all races.

Tentative race schedule: Racing will start at 9 AM. We will email final race schedule following the **September 14st** race entry deadline. The schedule will also be available on our web site (www.queensburyschool.org).

Race Schedule

1. Modified Girls	2. Modified Boys
3. Freshmen Girls	4. Freshmen Boys
5. Girls Varsity Divisions	6. Boys Varsity Divisions
7. JV Girls	8. JV Boys

Contact Information:
Bob Underwood –Home # 518-656-3127 Cell# 518-796-5908 Email Underwoodu@aol.com
Kevin Sullivan – Home# 518-798-9593 School #518-824-4619

Complete and return this form as soon as possible. *Teams will need to enter their rosters on the **Mile Split NY website** by **Monday, September 12th .** Please include all your athletes' names, gender and their current grade level, even if they may not run*.

*Make checks or school vouchers payable to: **Queensbury Schools**

Send to: Kevin Sullivan
Queensbury High School
409 Aviation Rd.
Queensbury, N.Y. 12804
Fax: 518-824-4682
Home phone: 518-798-9593
School phone: 518-824-4619
Email: ksullivan@queensburyschool.org

Entry Deadline: Monday, September 12th , 2016
Rosters Deadline: Monday, September 12th , 2016
Onlineentries.com

School:_____
School Classification:_____
Coach:_____
School Phone: _____
Home Phone: _____
Fax #: _____
Email address: _____

This year we will run a Large School and a Small school race for Varsity Boys and Girls. Please indicate your preference in seeding. If you do not indicate seeding preference, we will choose for you. We will make every effort to seed schools in appropriate races.

	Large school	Small School
Boys team	_____	_____
Girls Team	_____	_____

2016 Queensbury Invitational *Tentative* Race Schedule

9:00 am	Modified Girls unlimited
9:20 am	Modified Boys unlimited
9:40 am	Frosh Girls unlimited
10:00 am	Frosh Boys unlimited
10:30 am	Girls Varsity Division I
11:00 am	Boys Varsity Division I
11:30 am	Girls Varsity Division II
12:00 am	Boys Varsity Division II
12:30 pm	Girls JV unlimited
1:00 pm	Boys JV unlimited

****** We may add races or subtract races as we get more information on entries and number of teams. We will try to run boys and girls teams from the same school in the same divisions where possible to make travel easier where teams travel together. Depending on JV numbers we may add another jv division for both boys and girls.

We will try to run the same number of teams in each race if possible.

This is a tentative schedule at this time

Teams are allowed to enter a maximum of 7 competitors in the varsity races. All other races are unlimited entries.

Check the Seeding and Boxes Page to make sure of your seeding. You need to race in the correct race.

Have fun and Good Luck !!!!!!!!!!!!!!!!!!!!

Instructions for Registering for the meet and submitting your entries on Mile Split NY.

1. Sign into: http://ny.milesplit.com/meets/247677/info

This is the same service that many of you used for indoor and outdoor track. If you do not have an account, you must create one. If you are not sure how to do this, please email Bob Underwood at underdogracetiming@gmail.com and I will send you an information packet that explains everything.

Once you are in click on Manage roster and update and add athletes
Then click on Meet entries and enter the Queensbury Invitational

Problems email Bob Underwood at underdogracetiming@gmail.com