

**9TH ANNUAL RED DRAGON INVITATIONAL
SATURDAY, SEPTEMBER 10, 2016
LONG POINT STATE PARK
BEMUS POINT, NEW YORK 14712**

Kick off your 2016 season with a cross country run through beautiful Long Point State Park on Chautauqa Lake. This course is the site of the 2006 and 2013 Section 6 State Qualifying Meet. The course is a combination of woodland trails and rolling lakeside lawn. Spikes are advisable for this course. There are modest hills in this heavily shaded fast course. The park includes basic ammenties and has picninc areas for teams that bring supplies. Refreshments and t-shirts will be for sale. There will be awards for top team finishers and individual awards.

Varsity Races

-Varsity Boy and Girl teams will be limited to a field of 10 runners

JV and Modified Races

-unlimited runners may participate

Cost per team- \$90.00

Checks payable to: Bemus Point Track Fund

Please send completed registration form along with payment to:

Red Dragon Invitational
3686 Westman Road
Bemus Point, New York, 14712

Please complete the following registration forms and send in electronically or through mail by September 7, 2016 to secure a spot in this competition. (School registration form, Boys form, Girls form) Please visit trackqua.com and click Section 6XC or go directly to yentiming.com to input Red Dragon Invitational runners for timing purposes. There is a Community Race this year as well. This year there will be a 2 mile fun run through Long Point to start off the days races. We encourage coaches, parents and friends of cross country to participate. Please feel free to copy the form and distribute to interested people or there will be day of registration.

Any questions please email: maplegrovecrosscountry@yahoo.com

Schedule

- 9:00 Coach's Meeting**
- 9:15 Community Race/2 mile run**
- 9:45 JV Girls (Large & Small Schools)**
- 10:15 JV Boys (Large & Small Schools)**
- 10:45 Girls Varisity B (Small Schools)**
- 1:15 Girls Varisty A (Large Schools)**
- 11:45 Boys Varisty B (Small Schools)**
- 12:15 Boys Varisty A (Large Schools)**
- 12:45 Boys Modified Scrimmage**
- 1:15 Girls Modified Scrimmage**

RED DRAGON INVITATIONAL 2016

School _____

Address _____

Head Coach _____

Email _____

Telephone (____) _____

Approximate Enrollment grades 9-12 _____

Races Entering-

Boy Varsity _____ Boys JV _____ Boys Modified _____

Girls Varsity _____ Girls JV _____ Girls Modified _____

office use :

Paid _____

Check number _____

School Name _____ RED DRAGON 2016

Boys Varsity (limited to 10)

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

JV Boys (boys not in top 10 Varsity Race- grades 9-12)

- | | |
|-----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |

Modified Boys(Boys in 7th or 8th grade)

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

School Name _____ RED DRAGON 2016

Girls Varsity (limited to 10)

1. _____ 6. _____

2. _____ 7. _____

3. _____ 8. _____

4. _____ 9. _____

5. _____ 10. _____

Girls JV (girls not in top 10 Varsity Race -grades 9-12)

1. _____ 6. _____

2. _____ 7. _____

3. _____ 8. _____

4. _____ 9. _____

5. _____ 10. _____

11. _____ 12. _____

13. _____ 14. _____

Girls Modified (girls in 7th or 8th grade)

1. _____ 6. _____

2. _____ 7. _____

3. _____ 8. _____

4. _____ 9. _____

5. _____ 10. _____

COME ONE, COME ALL
to the
COMMUNITY RACE
Saturday, September 10, 2016
9:15 a.m.

Come and enjoy a run in the beautiful Long Point State Park. This 2 mile course will take you around the park and be the starter race for the Red Dragon Invitational. Coaches, parents, community members and friends to cross country come and have your turn on a cross country course created just for you!

Entry Fee- \$10.00 Make checks payable to- Bemus Point Track Fund
Send form and fee to 3686 Westman Road, Bemus Point NY 14712

Awards- Will be given to top finishers in each age group

Name _____

Date of Birth _____ Age _____ Circle- Male Female

Address _____

Email _____

Phone Number _____

T-shirt Size (circle one) S M L XL
T-shirts to first 50 registered

In consideration of my entry being accepted I, intending to be legally bound,do hereby,for myself,my heirs,executors and administrators,waive,release,and forever discharge any and all claims and rights I have or which may hereafter occur against Chautauqua Striders,WCA Orthopedics,Rehabilitation and Sports Medicine,all sponsors and donors,contributators,successors and volunteers for any and all damages which may be sustained by me in connection with my association with,or entry in and ensuing in arising out of my traveling to,participation in and returning from said event. I have trained for this race and am physically fit to participate.

Signature _____
(Parent Signature if under 18)

