

12TH ANNUAL RED DRAGON INVITATIONAL
SATURDAY, SEPTEMBER 7, 2019
Long Point State Park
BEMUS POINT, NEW YORK 14712

Kick off your 2019 season with a cross country run through the trails of our beautiful Long Point State Park. This course has a combination of flat and hilly terrain through trails and along Chautauqua Lake. The course starts uphill for the first mile before mile two is through wide trails with up and down hills. The final stretch of the race is flat winding around long point on crushed gravel on a trail leading to the finish line. The modified course is a 2 mile race, basically the first and last mile of the varsity course with a cut off place in the middle that will be marked and flagged off. Concessions and t-shirts will be for sale. There will be awards for top team finishers and individual awards.

Varsity Races

-Varsity boys and girls teams will be limited to a field of 10 runners

JV and Modified Races

-Unlimited runners may participate

Cost per school= \$100.00

Cost per individual= \$20

Please send completed registration form along with payment to: Red Dragon Invitational
3686 Westman Rd.
Bemus Point, NY 14712

Make checks payable to:
Bemus Point Track Fund

Please complete the following registration forms and send in electronically or through mail by September 4, 2019 to secure a spot in this invitational (School registration form, boys form, girls form). Please visit Athletic.net and input your runners into the correct races for timing purposes. Right Time will be our timing service for the Red Dragon, this is the same timing service that will be timing for the 2019 Sectional Championships later in the season. There will also be a Community Race this year that will be competed on the 2 mile modified course to start off the day. We encourage coaches, parents and friends of cross country to participate. Please feel free to copy the form and distribute to interested people; there will also be day of registration on site.

Any questions please email: bemuspointtrackclub@yahoo.com

Schedule

9:00 Coach's Meeting

9:15 Community Race/2 mile run

9:45 JV Boys (Large and Small Schools)

10:15 JV Girls (Large and Small Schools)

10:45 Boys Varsity B (Small Schools)

11:15 Boys Varsity A (Large Schools)

11:45 Girls Varsity B (Small Schools)

12:15 Girls Varsity A (Large Schools)

12:45 Boys Modified Scrimmage

1:15 Girls Modified Scrimmage

Red Dragon Invitational 2019

Checks made payable to: Bemus Point Track Fund

School _____

Address _____

Head Coach _____

Email _____

Telephone () _____

Approximate Enrollment (BED's #'s) _____

Races Entering

(Indicate number of runners in each race)

Boys Varsity _____ **Boys JV** _____ **Boys Modified** _____

Girls Varsity _____ **Girls JV** _____ **Girls Modified** _____

Office Use Only:

Paid _____

Check Number _____

COME ONE, COME ALL
To the
COMMUNITY RACE
Saturday, September 7, 2019
9:15 a.m.

Come and enjoy a run at the beautiful Long Point State Park. This 2 mile course will take you around the trails of Long Point State Park on the modified race course. This will 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 Make checks payable to- Bemus Point Track Fund
Send form and fee to 3686 Westman Rd., Bemus Point, NY 14712

Name: _____

Date of Birth _____ Age _____ Circle one- 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 all sponsors and donors, contributors, 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)

