

**EDWIN SPRINGSTEAD (SHAKER) CROSS-COUNTRY INVITATIONAL
(HOSTED BY SHAKER HIGH SCHOOL CROSS COUNTRY TEAMS)
FRIDAY SEPTEMBER 8, 2017**

COURSE: COLONIE TOWN PARK, LATHAM, N.Y. (3.04 MILES)

ENTRIES: EACH SCHOOL MAY ENTER ONE TEAM OF SEVEN (7) RUNNERS IN THE VARSITY RACES WITH UNLIMITED ENTRIES IN THE J.V. AND FROSH RACES.

ENTRY FEE:

VARSDITY BOYS AND GIRLS RACES - \$40.00 PER TEAM (7 RUNNERS) J.V. BOYS AND GIRLS RACES - \$30.00 PER TEAM (7 RUNNERS) FROSH BOYS AND GIRLS RACES - \$30.00 PER TEAM (7 RUNNERS) FROSH & JV RUNNERS IN EXCESS OF 7 - \$5.00 PER RUNNER MAXIMUM ENTRY FEE - \$150.00 PER SCHOOL.

CHECKS SHOULD BE MADE OUT TO: "SHAKER BOOSTER CLUB"

ROSTERS MUST BE SUBMITTED ON: nymilesplit. DEADLINE FOR ROSTERS IS SEPTEMBER 4TH.

MAIL CHECKS/INVOICES TO: MARBRY GANSLE, MEET DIRECTOR SHAKER HIGH SCHOOL, 445 WATERVLIT-SHAKER ROAD, LATHAM, NEW YORK 12110.

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AWARDS:

VARSDITY RACES - TEAM PLAQUES TO CHAMPION AND RUNNER UP TEAMS T-SHIRTS TO CHAMPION AND RUNNER UP TEAMS INDIVIDUAL MEDALS TO FINISHERS 1-25

J.V. RACES - TEAM PLAQUE TO CHAMPION (DO NOT RUN LESS THAN 5 OR MORE THAN 7 RUNNERS IN THIS RACE) INDIVIDUAL MEDALS TO FINISHERS 1-25

J.V. EXTRAS RACE - MEDALS TO FINISHERS 1-10 (BOYS AND GIRLS)

FROSH RACES - TEAM PLAQUE TO CHAMPION (DO NOT RUN LESS THAN 5 OR MORE THAN 7 RUNNERS IN THIS RACE) INDIVIDUAL MEDALS TO FINISHERS 1-25

FROSH EXTRAS RACE - MEDALS TO FINISHERS 1-10 (BOYS AND GIRLS)

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MEET TIME SCHEDULE:**

4:00 PM: FROSH BOYS RACE
4:05 PM FROSH GIRLS RACE
4:20 PM VARSITY BOYS RACE
4:45 PM VARSITY GIRLS RACE
5:15 PM JV BOYS RACE
5:30 PM JV GIRLS RACE

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SCHOOL: _____

COACH'S NAME: _____

CELL PHONE: _____

HOME PHONE: _____

TYPE OF PAYMENT:

CLAIM FORM () CHECK ()!