

42nd SJ Invitational

September 3rd, 2016

South Jefferson High School

U.S. Rt. 11, Adams, NY, 13605

Order of races:

Course opens for warm up	8:15 am
Varsity Girls	10:00 am
Varsity Boys	10:45 am

Course:

Our course is pretty challenging. First mile is pretty flat, second has some serious hills, with the third consisting of mostly downhill. It is very spectator friendly, as athletes can be seen distinctly from the start and finish location. Spikes are highly recommended. We have 2 outdoor restroom facilities. Athletes will not be allowed into the building.

Cost:

Boys and girls teams (unlimited entrees)	\$100.00
1 Boys or 1 girls team (unlimited entrees)	\$60.00
Individual Entrees	\$10.00 each

Please send voucher or check payable to:
South Jefferson Varsity Club c/o Justin Crossway. Please make sure entry form is attached or emailed to crossway@spartanpride.org

Awards:

- Ribbons awarded to top 50 in each race.
- T-shirts to the Top 10 in each race, and winning team (no duplicates)
- 1st – 3rd team trophies
- 1st place trophies for individual winners

Concession:

A concession stand will be available to coaches, athletes, and spectators.

T-shirts will be sold on a limited basis. Pricing and pictures will be uploaded in the summer.

Entries:

1. Please complete and return entry sheet to jcrossway@spartanpride.org
2. Entries must also be submitted through Onlinetiming.com.
3. Entries and Onlinetiming.com submission due before September 2nd, by 11:59pm.

Race Procedures:

Races will be timed and scored by Leone Timing. Race tags will be distributed in the coaching packets upon arrival.

Contact Info:

Please email or call with any questions to:

Justin Crossway

South Jefferson Varsity Girls XC

South Jefferson Varsity Girls Track and Field

jcrossway@spartanpride.org

(315) 286-2823

2016 South Jefferson Cross Country Invitational

_____ (school name) will attend the South Jefferson Cross Country Invitational on September 3rd, 2016.

We will enter (check all that apply):

Boys Varsity Team _____

Girls Varsity Team _____

Coach Information:

Boys Coach: _____

Phone: _____

Email: _____

Girls Coach: _____

Phone: _____

Email: _____

For further information, please contact Justin Crossway

Do not forget to submit your entries to OnlineTiming by September 2nd, 2016.

Justin Crossway
South Jefferson Varsity Girls XC Coach
South Jefferson Varsity Girls Track and Field Coach
jcrossway@spartanpride.org
(315)286-2823