

43rd SJ Invitational
September 2nd, 2017
South Jefferson High School
U.S. Rt. 11, Adams, NY, 13605

Order of races:

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

**** There is a good chance our course layout may change this early summer. South Jefferson will soon be implementing a new Capital Project at the High School/Middle School. We will provide an updated map with any changes ASAP.**

Cost:

Boys and Girls teams (unlimited entries)	\$100.00
1 Boys or 1 Girls team (unlimited entries)	\$60.00
Individual Entries	\$10.00 each

Please send voucher or check payable to:
South Jefferson Varsity Club c/o Justin Crossway.
P.O. Box 10, Adams, NY, 13605
Please make sure entry form is attached or emailed to jcrossway@spartanpride.org

Awards:

- Ribbons awarded to Top 50 Participants
- Drawstring Bags to the Top 10 in each race, and winning team (Top 7, no duplicates)
- 1st – 3rd team trophies
- 1st place trophies for individual winners

Concession:

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

Drawstring bags are for sale for \$10.00 on a limited basis.

Other items will also be sold on a limited basis.



Entries:

1. Please email intention to participate to crossway@spartanpride.org
 - a. Be sure to indicate Varsity Boys and/or Varsity Girls Teams.
2. Entries must also be submitted through Milesplit.com. Please email me if you are unfamiliar with Milesplit, or have issues registering.
3. Please be sure to check registration and entry deadlines on Milesplit.com.

Race Procedures:

Races be will be timed and scored by Leone Timing. Race bibs and colored maps 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

crossway@spartanpride.org

(315) 286-2823

2017 South Jefferson Cross Country Invitational

_____ (school name) will attend the South Jefferson Cross Country Invitational on September 2nd, 2017.

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 entrees to Milesplit by the site deadline.

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