

2016 Stock-Conwicke Cross Country Invitational

Dear Coach,

Vestal Central High School and Union-Endicott High School invite you to the 56th annual Sid Stock - Ted Conwicke Cross Country Invitational. Once again, we expect the weather to be great!

Respectfully yours,

Vestal/UE XC Coaches

WHEN: Saturday, October 8th, 2016

WHERE: Arnold Park, Vestal NY (Section IV)

Directions: Take Route 17 / I-86 to Exit 67 South (Rt. 26 South - Vestal). Continue 1 mile on Rt. 26 to the top of the hill. At the blinking yellow light, turn left onto Pierce Hill Rd. Continue on Pierce Hill for 1.2 miles to Andrews Rd. on your right. Arnold Park is 100 yards up the road. Bus parking is on the right. Facilities at Arnold Park are limited, but there are restrooms and a running concession stand.

TIME:

- 9:00 - Coaches Meeting
- 9:15 - Modified Girls
- 9:40 - Modified Boys
- 10:00 - Varsity Girls (unlimited)
- 10:35 - Varsity Boys
- 11:05 - JV Boys

Course Description: The course is a true cross country course. We have found that flats or pin spikes can be used, but longer spikes work well if the ground is wet. While the trails have been improved/wood chipped, they require concentration by the runner. The varsity course is a hilly 3.1 miles, and the modified course is a challenging 1.5 miles. Both courses start fairly flat, but as runners enter the forest trails, they soon meet steep climbs leading to winding trails. Runners reach the highest elevation at the course's midpoint and finish with a long stretch of winding descents and flats.

AWARDS: Trophies: First and Second Place Teams in All Races
T-Shirts: Top 10 Varsity Boys
Top 10 Varsity Girls
Top 5 JV Boys
Top 5 JV Girls
Top 10 Modified Boys
Top 10 Modified Girls
Ribbons: 11st - 50th Place in Varsity/Modified Races
6th - 50th Place in JV Races

- *Only coaches may pick up trophies after each race.*

Registration Information: 2016 Stock-Conwicke Invitational

Entry Fee - \$125.00 per school max - \$40.00 per race or \$10.00 per runner

Entry Deadline: Monday, October 3rd, 2016

School Name: _____

Head Coach's Name: _____

Payment Enclosed (circle) YES NO

- Please approximate the number of runners who will participate in each race.

Mod. Boys	_____	Mod. Girls	_____
JV Boys	_____	JV Girls	_____
Varsity Boys	_____	Varsity Girls	_____

- Send Roster [last name, first name, and grade] in Microsoft Excel format to Vestal head coach, Stephen Marcin - sjmarcin@vestal.k12.ny.us
- Send Payment and Registration Form to: Vestal Athletic Department
205 Woodlawn Drive
Vestal, NY 13850
FAX: 757-2351
- Make vouchers/checks payable to: Vestal Running Bears
- Questions? Contact Vestal head coach - Stephen Marcin - (908) 797-5208

SEE YOU THERE!