

**56th Annual
Windsor Cross Country Invitational
Informational Packet
Saturday, September 10th, 2016**

Location: *Windsor High School*

Course:

Varsity - 3.1 mile course, running the hill once.

JV – 2.1 mile course, running the hill once

Majority of the course is on grass but the course does cross pavement several times.

Spikes are suggested!

Order of Events:

Coaches Meeting 9:00am

Junior Varsity Girls 9:20am

Junior Varsity Boys 10:00am

Varsity Girls 10:40am

Varsity Boys 11:15am

Awards ASAP

Awards:

Junior Varsity Girls 2 Team Trophies, 10 Individual Trophies

Junior Varsity Boys 2 Team Trophies, 10 Individual Trophies

Varsity Girls 2 Team Trophies, 10 Individual Trophies

Varsity Boys 2 Team Trophies, 10 Individual Trophies

Entries put into Sydex. You can add up to 10 runners in the both Varsity Races.

Please register your runners on the Sydex Sports website

Deadline for team registration is 6:00 PM September 8th

Awards will follow Varsity Race ASAP – Location: Back Pavilion (outside) – GYM
(inside if raining)

T-Shirts and concession available near track.

Please bring your safety pins for the race bibs!

Any questions, please call me at 607-341-2313, or email at mpotenza111@gmail.com

Thanks,

Coach Potenza

56th Windsor Invitational

School Name:_____

School Address:_____

Head Coaches Name:_____

Head Coaches E-mail:_____

Head Coaches Phone Number:_____

Yes; we plan on attending and our check is enclosed_____

Yes; we plan on attending and our check will be mailed separately____

No; we are unable to attend this year_____

TEAMS ENTERED:

Please indicate the approximate number of runners in each race.

1. Varsity Boys _____ (10 runners max)

2. Varsity Girls _____(10 runners max)

3. JV Boys_____

4. JV Girls _____

INVITATIONAL ENTRY FEE

The cost of this invitational is \$100.00 per school for all races or \$25.00 per race up to one hundred dollars. Make checks payable to Windsor Cross Country and mail to:

Windsor Cross Country
Attn: Mike Potenza
1191 St Rt 79
Windsor, NY 13865