

**57th Annual
Windsor Cross Country Invitational
Informational Packet
Saturday, September 9th, 2017**

Location: *Windsor High School*

Course:

Varsity - 3.1 mile course, running the hill once (exactly now that construction has finished)
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: Awards will be handed out in the chute, team trophies mailed to coaches or given to them at next invitational

Junior Varsity Girls 10 Individual ribbons
Junior Varsity Boys, 10 Individual ribbons
Varsity Girls 1 Team Plaque, 10 Individual medals
Varsity Boys 1 Team Plaque, 10 Individual medals

You can add up to 10 runners in the both Varsity Races.

Please **email** your intention to enter and the approximate number of athletes in each race mpotenza111@gmail.com

The entry procedure will be emailed out at a later date

Please email me at mpotenza111@gmail.com and/or mpotenza@windsor-csd.org to confirm your entry prior to **September 1st**. Please contact me with any questions, I can be reached at home 607-341-2313 (call or text) or at either email.

T-Shirts and concession available near track.

Thanks,
Mike Potenza

57th 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

Course map



Course Information

Distance: Varsity 3.1mi
JV - 2.1 mi
Mod - 1.5 mi

Surface: Grass w/ short
pavement
crossings

Terrain: Rolling

Course Route:
1st lap - White (JV 2.1 miles)
2nd lap - Blue (3.1 miles)
Modified - Gold

No Spikes in Buildings Please!