

**58th Annual
Windsor Cross Country Invitational
Informational Packet
Saturday, September 7th, 2019**

Location: *Windsor High School*

Format: Due to construction / change in week the format has changed to a relay

- **3 person teams 2 k per leg (6k total)**
- **1st and 2nd members of team run back to start line and hand off baton, 3rd member of each team veers to finish line following dotted line**
- **Each team of 3 will be assigned a hip number (similar to a track relay)**
- **Incomplete teams may compete by running a leg of the 2k (1 or 2 runners but will not be given hip numbers)**
- **We will get team total times , you are responsible if you want splits for your runners**
- **Bring your own batons**

Course:

Flat and fast

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

Spikes are suggested

Order of Events: (will run ahead of time if we can)

Coaches Meeting 8:45 am

Varsity Boys 9:00am

Girls Race 9:30 am

JV Boys 10:05 am

Girls JV TBA (most likely all girls will run in the varsity race due to low numbers in the past , only full teams will count for scoring)

Awards: Awards will be handed out in the chute, team trophies mailed to coaches or given to them at next invitational

Varsity Girls 1 Team Plaque

Varsity Boys 1 Team Plaque

You can have up to 4 teams in Varsity (12 runner's total)

Incomplete teams or individual runners in JV for boy's race

Please **email** your intention to enter and the approximate number of teams in each race mpotenza@windsor-csd.org

The entry procedure will be emailed to you once you let me know you are attending.

- **Confirm your entry prior to August 31st.**
- **Rosters due September 2nd or sooner**

- **Please contact me with any questions, I can be reached at home 607-341-2313 (call or text).**

T-Shirts and concession available near track.

Thanks,
Mike Potenza

59th 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 _____ (12runners max)

2. Varsity Girls _____(12 runners max)

3. JV Boys_____

4. JV Girls _____

INVITATIONAL ENTRY FEE

The cost of this invitational is \$125.00 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

