

# 40<sup>TH</sup> ANNUAL BURNT HILLS CROSS COUNTRY INVITATIONAL

Dear Coach,

July 2022

We are inviting your school to the **40<sup>TH</sup> Annual Burnt Hills Cross Country Invitational**. This year we will hold the Invitational on **Saturday, October 15, 2022**. Enclosed you will find an information sheet with all the details. The first race goes off at **9:15 am**. **The Freshman Girls' will be the first race this year.**

**If you plan on attending**, you will need to register on **Milesplit NY**. We will accept the **first 80** team entries who are entered by **Friday, September 30**. Registration is now open on **Milesplit NY**. Also, please fill out the portion below with payment once you've registered on **Milesplit NY**.

**ROSTERS** – We will be using [ny.milesplit.com](http://ny.milesplit.com) for collecting team rosters again this year.

Please enter your team rosters with them by **11:00 pm – Monday, October 10, 2022.**

We are looking forward to seeing you and your team this fall. Good luck!

Sincerely,

**Joe Scalise**, BH – BL Director  
Physical Education/Athletics

**Burnt Hills Track Club**, Meet Director

**ENTRY DEADLINE – Registering on Milesplit NY along with Entry Form and Check / Voucher by Friday, September 30, 2022**

**Rosters must be entered via [ny.milesplit.com](http://ny.milesplit.com) by 11:00 pm – Monday, October 10, 2022**

**Underdog Race Timing will be Timing / Scoring the meet.**

**Yes, we are planning on attending the 2022 Burnt Hills Invitational.**

School: \_\_\_\_\_ Enrollment 10-12: \_\_\_\_\_

School Address \_\_\_\_\_

BOYS Team Varsity \_\_\_\_\_ JV \_\_\_\_\_ Frosh \_\_\_\_\_ Modified \_\_\_\_\_

BOYS Coach: \_\_\_\_\_ Email: \_\_\_\_\_

School Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

GIRLS Team Varsity \_\_\_\_\_ JV \_\_\_\_\_ Frosh \_\_\_\_\_ Modified \_\_\_\_\_

GIRLS Coach: \_\_\_\_\_ Email: \_\_\_\_\_

School Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

# 40<sup>TH</sup> ANNUAL BURNT HILLS CROSS COUNTRY INVITATIONAL

**Date:** Saturday, October 15, 2022

**Time:** First race starts at 9:15 am

**Location:** Saratoga State Park, Saratoga Springs, NY

**Course:** Varsity / JV: 3.05 mile course  
Freshmen / Modified: 1.7 mile course

**Divisions:** The number of entries received by September 30, 2022 and each team's enrollment (Grades 10 – 12) will be used to determine divisions. Divisions will be posted on [www.bhblrunners.com](http://www.bhblrunners.com) during the week before the meet.

**Number of Runners:** Each team is permitted ten (10) Varsity runners. You must run a complete Varsity team in order to run a JV team. JV "B", Freshmen, and Modified runners are unlimited. Additional races may be added if necessary.

**Awards:** **Top 75 in each race [1<sup>ST</sup> – 30<sup>TH</sup> awarded Large Medals / 31<sup>ST</sup> – 75<sup>TH</sup> awarded Small Medals]**  
Shirt for the winner of each race.  
Winning team in each race (first 7 runners + coach) get shirts.  
Top **3** teams in Varsity Races (Boys and Girls) – Trophies  
Top **3** teams in JV, Freshmen, and Modified Races (Boys and Girls) – Trophies

**Entry Fees:** \$180 per school (for both Boys' and Girls' teams)  
\$105 per school (if only a Boys' team or only a Girls' team)  
\$105 per school if only competing in the Boys' and Girls' Modified races

Please mail completed Registration Form along with Check or Voucher by **Friday, September 30** to:

Chris Casey, Treasurer  
**Burnt Hills Track Club**  
1023 Gideon Trace  
Charlton, NY 12302

Checks are payable to: **Burnt Hills Track Club**

**For additional information:** Joe Scalise (Athletic Director): (518) 399-9141 (high school)

**Burnt Hills Track Club**

email: [invy@bhblrunners.com](mailto:invy@bhblrunners.com)

Be sure to check [www.bhblrunners.com](http://www.bhblrunners.com) for **additional meet info** as well as race results.

# 40<sup>TH</sup> ANNUAL BURNT HILLS CROSS COUNTRY INVITATIONAL

Dear Coach,

July 2022

The planning for the **40<sup>TH</sup> Annual Burnt Hills Cross Country Invitational** on **October 15, 2022** is well underway. We hope we are included in your plans again this year and you can be assured that we will do everything we can to ensure a great day of racing.

This year, the first race of the day will be the **Freshman Girls' race**, which will be starting at **9:15 am**. We will award Large Medals for the first **30** finishers and Small Medals for the next **45** in each and every race. We will also continue to award a Champion's shirt to the winner of each race, along with a Team Champions' shirt for members of the winning team (7) and their coach. **Trophies will be awarded to the Top 3 teams in all races once the results are official and have been posted.**

Since several teams are traveling some distance we have been asked for overnight recommendations. There are several hotels right in the downtown Saratoga area. Another good option would be Clifton Park, which has a large variety of hotels and restaurants and is only 20 minutes away from the park. (See below.) Please feel free to share this information with any of the runners' families who may be interested in coming to see the races. Also, below are some driving directions to Saratoga State Park for your convenience. On the day of the event there will be food trucks and concessions for onsite eating as well as commemorative t-shirts for sale.

**Note:** The operational protocols for this year's Burnt Hills Invitational will be dictated by the NYS Department of Health's Guidance for Sports and Recreation, Section 2 Athletics, and Saratoga State Park guidelines, pertinent to the state of the COVID Pandemic at the time of our Meet.

If you have any questions, please feel free to email us at: [invy@bhblrunners.com](mailto:invy@bhblrunners.com). We look forward to seeing you this year at the Invitational!

Sincerely,

***Burnt Hills Track Club***

**Driving Directions to Saratoga State Park:** 108 Avenue of the Pines, Saratoga Springs, NY 12866

**From the South:**

NY State Thruway North to Exit 24 (Albany). Get on I-87 (The Northway) headed North, to Exit 13N (Saratoga). As you exit at 13N, turn right off the ramp onto Rt. 9 North and continue for approximately 2.5 miles. Pass through a traffic light with Saratoga Honda on the right. Signs for the entrance to Saratoga Spa State Park will be on your left. Turn left onto Avenue of the Pines. Follow the Avenue of the Pines through the park. Bear right at the fork. There are several areas to park.

**From the West:**

NY State Thruway to Exit 28, Fultonville. Head toward Johnstown and follow Rt. 29 to Saratoga Springs. Rt. 29 intersects with West Avenue. Take a right on West Ave. and follow to Rt. 50. Right onto Rte. 50, and then a left onto Avenue of the Pines. There are several areas to park.

**From the North:**

Take I-87 (The Northway) South to Exit 13N (Saratoga). As you exit at 13N, turn right off the ramp onto Rt. 9 North. (See directions from the south).

**From the East:**

Take the Mass. Turnpike to the NY State Thruway, to Exit 24, Albany. Get on I-87 (The Northway) headed North, to Exit 13N (Saratoga). As you exit at 13N, turn right off the ramp onto Rte. 9 North. (See directions from the south).

---

**Hotels in the Clifton Park / Malta / Saratoga Area**

Clifton Park is right at Exit 9 off I-87 (The Northway). It is approximately 20 minutes to Saratoga State Park, straight up the Northway or Route 9.

**Comfort Inn**

41 Fire Road, Clifton Park  
(518) 373-0222.

**Best Western**

Rte. 146 and Plank Road, Clifton Park  
(518) 371-1811.

**Hampton Inn**

620 Plank Road, Clifton Park  
(518) 373-2345.

**Fairfield Inn**

101 Saratoga Village Blvd., Malta, NY (exit 12)  
(518) 899-6900.

**Holiday Inn Saratoga Springs**

232 Broadway  
Saratoga Springs, NY, 12866  
(855) 516-1090

**Restaurants Near Motels in Clifton Park:**

TGI Fridays, Red Robin, Applebees, Ruby Tuesdays,  
Outback, Panera, Ninety-Nine, Friendly's, Chili's.