

## YELLOW JACKET CROSS-COUNTRY

**DAN FORBES, Head Coach**

**(607)-386-0608 (cell)**

**[dforbes2@oneontacsd.org](mailto:dforbes2@oneontacsd.org)**

Dear Coach:

The 2024 Cross-Country season is rapidly approaching. As in past years, the Oneonta Cross-Country Team is anxiously waiting to fire up the season with its annual invitational at Fortin Park in Oneonta. It will be a 5000 meter course that is entirely on grass except for 2 quick road crossings with one short hill. This is an extremely spectator friendly venue with plenty of coverage for inclement weather with the availability of 2 hangars. We recommend running in racing flats or spikes. The races will begin at the far end of the former grass runway (opposite end from hangars) and finish just past the hangars. My plan is to have the following races:

Boys Varsity: up to 7 runners

Girls Varsity: unlimited runners

Boys JV: unlimited runners

Boys Modified ***Time Trial***: unlimited runners

Girls Modified ***Time Trial***: unlimited runners

**Please bring your modified runners whether they have enough practices or not. If they do not, the race is considered a "time trial" so they can race regardless and get an early season race under their belts.**

**\*\*\*PLEASE REGISTER YOUR TEAM ON MILESPLIT.COM IN AUGUST\*\*\***

**Directions:** From Binghamton area: I-88 East. Exit 16. Make right at the top of the ramp. Go over bridge past the driving range and over the river, make your first right onto Youngs Road into Fortin Park.

From Albany area: I-88 West. Exit 16. Make a left at the top of the ramp. Go over bridge past the driving range and over the river, make your first right onto Youngs Road into Fortin Park.

**Official Information:**

**Date:** Saturday, September 7th, 2024

**Times:** 9:00-10 am - Tour the course

**\*\*\*BACK TO ORIGINAL START TIME\*\*\***

**10:00 - Modified Girls (unlimited entries)**

10:15 – Varsity Girls Race (unlimited entries)

11:00 - Modified Boys (unlimited entries)

11:15 - Varsity Boys (up to 7 entries)

11:45 – JV Boys (unlimited entries)

12:30 - Awards

**Entry Fee: \$150.00 per school. Make CHECKS payable to: VARSITY O CLUB**

**Send Check to:**

Greater Plains Elementary School

Attn. Dan Forbes

60 West End. Ave

Oneonta, NY 13820

**Awards**

**Team:**

Boys and Girls Varsity Races - 1st and 2nd Place Trophies

JV Boys Race - 1st Place Trophy

Modified teams - Special Team championship award

**Individual:**

- Boys and Girls Varsity Races - t-shirt to top 20
- JV Boys Race - t-shirts to top 5
- Special awards to all Finishers

Feel free to email your intentions to the above email. Thank you for your time, we all look forward to seeing you in September!

Dan Forbes

Susquehanna River

Fortin Park

HANGAR

HANGAR

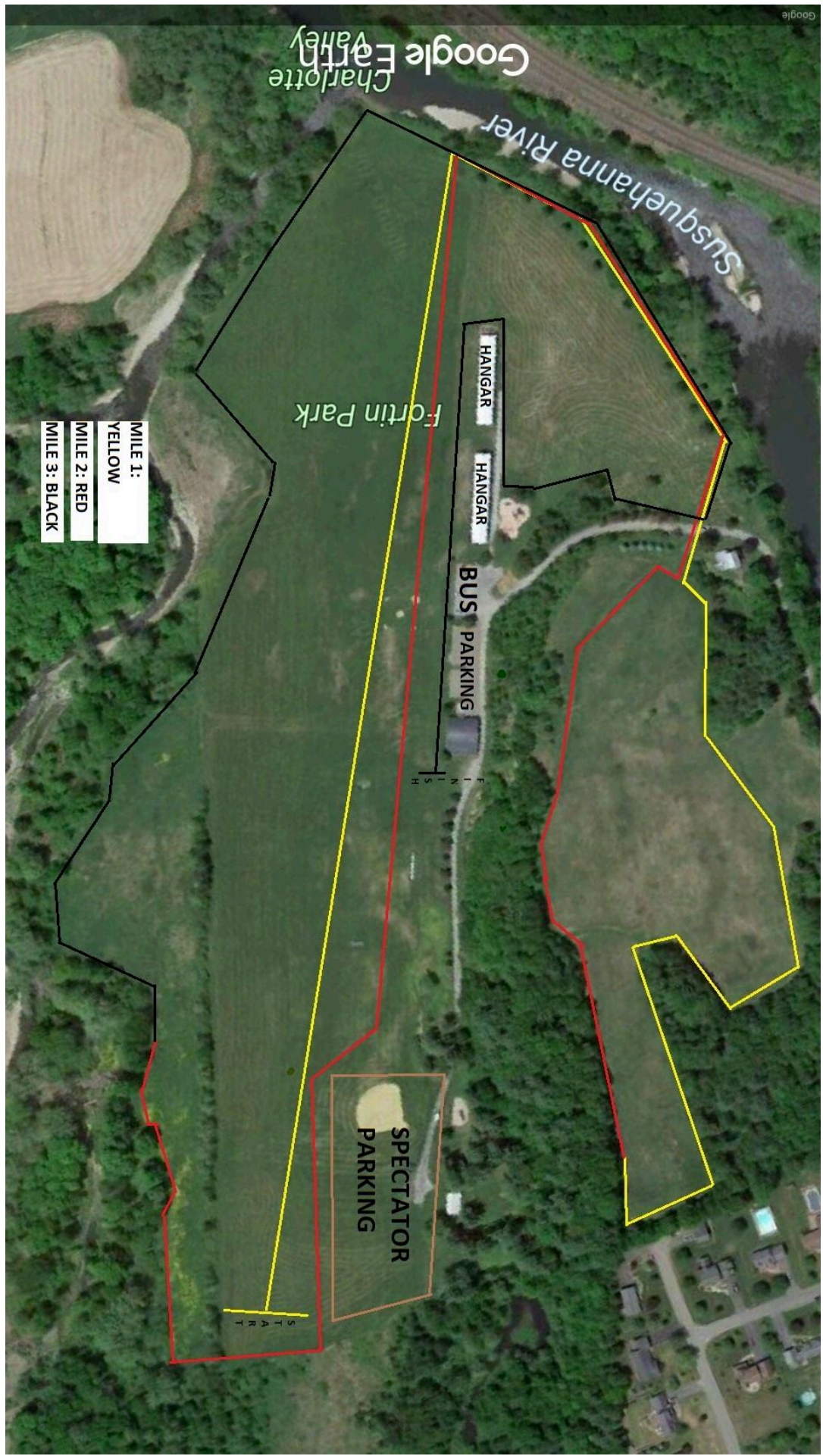
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- MILE 1:  
YELLOW
- MILE 2: RED
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Susquehanna Pi

Fortin Park

MODIFIED COURSE

FINISH

START

**Link to W-9 Form:**

[https://drive.google.com/file/d/1HdLZsljpHvIRYZ\\_1oAG3vqUR-OZJsocL/view?usp=sharing](https://drive.google.com/file/d/1HdLZsljpHvIRYZ_1oAG3vqUR-OZJsocL/view?usp=sharing)