

# 2025- 47th FORT PLAIN CROSS COUNTRY INVITATIONAL

Site: H.H. Hoag Elementary School & Sports Complex

Date: SATURDAY, OCTOBER 18, 2025

Races, Distances, Times, etc. – Fast course with one (1) hill and spectator friendly!

- 8:45 am. Coaches Meeting at the starting area
- 9:00 am. Boys Modified (~ 1.7 miles) Separate chute\*\*
- \*9:01am. Girls Modified (~ 1.7 miles) Separate chute\*\*
- 9:30 am. Varsity Girls - Division I- Small Schools (3 miles)- ½ of the schools entered
- 10:00 am. Varsity Girls - Division II- Large Schools (3 miles)- ½ of the schools entered
- 10:30 am. Varsity Boys - Division I- Small Schools (3 miles)- ½ of the schools entered
- 11:00 am. Varsity Boys - Division II - Large Schools (3 miles)- ½ of the schools entered
- 11:30 am. Junior Varsity- Boys- (3 miles) Separate chute
- \*11:31 am. Junior Varsity- Girls- (3 miles) Separate chute

\* Girls Modified and JV girls will be started 1 minute after the boys start! There is a potential conflict in Wiles Park in the afternoon.

**ENTRIES:** No team may enter in any other race unless you have a varsity team entry\*\*. Varsity races are limited to 7 runners while other races may have unlimited entries. Your top 5 runners will score & your top 7 will displace other runners.

**REMINDER: SCHOOL ISSUED UNIFORMS ONLY AND THEY MUST BE ALIKE! \*\*{NEW- you may enter modified runners only without entering any other races!}**

We will be using the MILE SPLIT NY website. Go to <http://ny.milesplit.com>. Many of you have used this for XC or track. If you do not have an account, then you must create one. {Roster changes/additions may be made the day of the race.} **ROSTERS DUE BY 10/15/2025.**

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**AWARDS\*\*:** Individual: Modified Girls & Boys- Medals #1-25- each race; Ribbons #26-40 (each)

J.V. Girls & Boys- Medals #1-25- each race; Ribbons #26-40 (each)

Varsity Girls & Boys- Medals #1-25- each race; Ribbons #26-50

**Team:** Modified Girls & Boys, and J.V. Girls & Boys- Plaques/Trophies for 1<sup>st</sup> and 2<sup>nd</sup> place teams.

Varsity Girls and Varsity Boys- Plaques/Trophies for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place teams.

**\*\*THESE DEPEND ON # OF ENTRIES!**

**Additional Information:** 1) Tech t-shirts will be for sale

2) Concession stand will be open w/ a variety of food & drinks

3) Port-a-johns will be available

4) Winning Varsity teams will be awarded Meet Champion T-shirts (Coach also!)

\*\*\*\*\* Please plan your travel accordingly –Construction - Fog; etc. \*\*\*\*\*

**ENTRY FEE:** \$160.00 per school or \$80.00/ Girl entry or \$80.00/ Boy entry. Send checks or vouchers

to:

FORT PLAIN CC & T-F ATHLETICS

FORT PLAIN CENTRAL SCHOOL

25 HIGH STREET

FORT PLAIN, N.Y. 13339-1365

Please detach and return to the above address whether you are attending or not ASAP!!!! Thank you!

OR Email me at: [charlie.karker@fortplain.org](mailto:charlie.karker@fortplain.org)

\_\_\_\_\_ We will attend

Coach: \_\_\_\_\_

\_\_\_\_\_ We will not attend

School: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone :( W) \_\_\_\_\_ (C) \_\_\_\_\_