

2023- 45th FORT PLAIN CROSS COUNTRY INVITATIONAL

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

Date: Saturday, September 16, 2023

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)- XC Class C & D schools
- 10:00 am. Varsity Girls - Division II- Large Schools (3 miles)- XC Class A & B schools
- 10:30 am. Varsity Boys - Division I- Small Schools (3 miles)- XC Class C & D schools
- 11:00 am. Varsity Boys - Division II - Large Schools (3 miles)- XC Class A & B schools
- 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 9/14/2023.**

EMAIL: charlie.karker@fortplain.org (S) Fax: 518-993-2897; (H) 518-993-3218; © 518 448-4141(New)

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 1st and 2nd place teams.
Varsity Girls and Varsity Boys- Plaques/Trophies for 1st, 2nd, and 3rd 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: \$150.00 per school or \$75.00/ Girl entry or \$75.00/ 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

_____ We will attend Coach: _____

_____ We will not attend School: _____

Address: _____

Email: _____ Phone :(W) _____ (C) _____