

# Lancer Cross Country Invitational



**Friday September 28th, 2018**

**Location: Como Lake Park - Lancaster, New York** (13 miles East of Buffalo)

From the Northtowns: Interstate 90 West, to Exit 52A (William St.), turn left onto William St., turn right onto Union Rd., quick left onto Losson Rd, continue on Losson Rd until you cross over Transit Rd, once over Transit Rd. Losson Rd. changes back into William St., continue on William St. for approximately 2.5 miles, turn left into Como Park.

From the Southtowns: Interstate 90 East, to Exit 52A (William St.), turn right onto William St., turn right onto Union Rd., quick left onto Losson Rd, continue on Losson Rd until you cross over Transit Rd, once over Transit Rd. Losson Rd. changes back into William St., continue on William St. for approximately 2.5 miles, turn left into Como Park.

**Course Description:**

This is a 3.1 mile / 5 km race, it is flat, has some Rolling Hills and one steep upgrade. The course is mostly grass with pavement Crossings.

**Parking:**

Near the main Lodge in Como Park called the Casino. There is plenty of parking in front of and behind this building.

**Event Schedule:**

- 3:30 - Coaches Meeting
- 4:00 - JV Girls
- 4:30 - JV Boys
- 5:00 - Varsity Girls
- 5:30 - Varsity Boys

Due to this being the first Lancer Cross Country Invitational, the number of racers/entries may be adjusted. Hope you come and join us!

**Concessions:** Located near the Casino Lodge.

We will have food, drink and t-shirts available for purchase throughout the event.

**Entry Fees:**

All entry fees should be paid before the day of the competition.

- \$125 per school for both boys and girls (JV and Varsity teams included)
- \$75 per School for either boys or girls teams (JV and Varsity teams included)
- \$20 for JV / Varsity individual runners

\*\*\* Teams must have three or more runners in order to avoid an individual entry fee

**ENTRY DEADLINE: FRIDAY SEPT. 21, 2018**

Please make checks payable to - **St Mary's High School.**

Send checks to: Saint Mary's High School  
142 Laverack Ave  
Lancaster New York 14086  
Attention: Charlie Planz Cross Country Coach

**Divisions:**

Division I will be school 600 and up according to current 10-12 BEDS, Division II 599 and lower. Division II may move up to Division I. Please let me know if you plan on doing this.

**Timing:**

We will be using chip timing  
All entries must be done through Yentiming.com

**Restrooms:**

There are restrooms available throughout the park.

**Awards:**

Medals to the top 10 finishers in each race. We will try to give these out in the Finnish areas.  
JV trophy will be given to the first place JV team.  
Varsity trophies will be given to the top three Varsity teams.  
You may pick up your team Awards as soon as the results are posted.  
Awards will also be given to the fastest boy and girl Runner of the day.

**Medical Assistance:**

An athletic trainer and/or EMS will be on hand for anyone needing medical attention.

**Meet Results:**

Results will be posted on NY.MileSplit.com, TullyRunners.com and Section6Runs.com.

Thank you for participating in the 1st Lancer Cross Country Invitational. Best of luck to all the runners and we look forward to seeing you Saturday September 29, 2018.

Thanks again,  
Charlie Planz

# Lancer Cross Country Invitational



## Invitational Entry Form Please Print Neatly

**Team Name:**

\_\_\_\_\_

(Example: St. Mary's High School)

**NYSPHSAA Enrollment:** \_\_\_\_\_

(Catholic and/or Private Schools must provide total population)

**Full Coaches Names:**

\_\_\_\_\_

**Full E-Mail Address:**

\_\_\_\_\_

\*\*\* Please check off appropriate races that your program will be represented in.

**BOYS VARSITY - UP TO SEVEN (7) TOP RUNNERS**

**GIRLS VARSITY - UP TO SEVEN (7) TOP RUNNERS**

**BOYS JV - UNLIMITED ENTRIES**

**GIRLS JV - UNLIMITED ENTRIES**

**BOYS INDIVIDUAL ENTRY (MAXIMUM OF 2)**

Total Number? \_\_\_\_\_ Varsity or JV? \_\_\_\_\_

**GIRLS INDIVIDUAL ENTRY (MAXIMUM OF 2)**

Total Number? \_\_\_\_\_ Varsity or JV? \_\_\_\_\_

**TOTAL ENTRY FEE: \$** \_\_\_\_\_

- Please make checks out to: St. Mary's High School.
- Mail to: St. Mary's High School  
142 Laverack Ave  
Lancaster, NY 14086  
Attention: Charlie Planz Cross Country Coach
- Participation and Entry Deadline is Friday September 21, 2018.
- Note: Enrollments may be checked if event management is not familiar with school or there are any concerns to be alleviated.