

**YTH LANCKER CROSS COUNTRY INVITATIONAL**

**5K**

**SATURDAY, SEPTEMBER 10, 2022**

**ENTRY DEADLINE - SEPT. 6, 2022**



**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:**

Varsity and JV races will be 3.1 miles / 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:**

8:00 Course open for warm-ups.

8:30 am - Coaches Meeting

9:00 JV Boys: Unlimited Entries

9:30 JV Girls: Unlimited Entries

10:00 Varsity Boys Race: Top 7-10 Runners

10:30 Varsity Girls Race: Top 7-10 Runners

**Large School/Small School will depend on the number of entries. Times of races may need to be adjusted with the number of entries.**

**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.

- \$150 per school for both boys and girls (JV and Varsity teams included)
- \$100 per school for either boys or girls teams (JV and Varsity teams included)
- \$25 for JV / Varsity individual runners

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

**ENTRY DEADLINE: TUESDAY SEPT. 6, 2022**

**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: Melanie Adams

**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 Milesplit.com. (Any issues with entries please contact lorrie@righttimeresults.com.)**

**Restrooms:**

There are restrooms available throughout the park.

**Awards:**

**JV & Varsity** - Medals given to the Top 10 finishers in each race. We will try to give these out in the Finish 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 MileSplit.com andTullyRunners.com.

Thank you for participating in the 4th Lancer Cross Country Invitational. Best of luck to all the runners and we look forward to seeing you Saturday, September 10, 2022.

Thanks again,  
Charlie Planz

**Contact Information:**

**Charlie Planz**

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**Kelly Barry**

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