

Midlakes “Move to Improve” Cross Country Invitational/Open Race



Saturday October 7th 2017

Midlakes High School

1490 State Route 488 Clifton Springs NY, 14432

Price: \$100 per School \$15 per individual

Make checks payable to Midlakes Running Boosters (profits are used for our Cross Country Scholarship in Memory of Coach Gerry Benedict)

Unlimited Entries

Team Scoring will be computerized for every runner in each race

All schools run together

Schedule

7:15 Open run registration

8:00 Open run

9:00 Course opens: Team race packet pick up, and course tour

10:00 Modified Girls

10:30 Modified Boys

11:00 JV/Varsity Girls

11:30 JV/Varsity Boys

Awards

Ribbons to top 20 in each JV/Varsity Race

Trophy to the winning team of each race

*Prizes may increase depending on number of entries

Concessions

Food, Drinks, Candy, Limited t-shirts will be available for purchase.

All Entries must be made on yentiming by Wednesday, October 4th 8:00 pm

Please email Coach Julie Backus ASAP if you plan on attending.

jbackus@midlakes.org

Thanks!