

# Newark XC Invitational

*Hosted by Newark Cross Country at The Legendary Sarah Coventry Cross Country Course*

Saturday, October 5, 2024

At Silver Hill Technology Park  
Newark, NY

**Description:** A well-marked course with open grass fields, wooded trails, and varied terrain for modified, JV and Varsity runners.

**Event Director:** Jessica Wells

**Contact Information:** [jessica.wells@newarkcsd.org](mailto:jessica.wells@newarkcsd.org)  
(315) 945-9460

**Address:** Silver Hill Technology Park, Technology Parkway, Newark, NY 14513

**Race Schedule:** 8:30 – Course opens  
9:00 – Modified Girls (1.5 miles, unlimited entry)  
9:30 – Modified Boys (1.5 miles, unlimited entry)  
10:00 – JV Girls (5k, unlimited entry)  
10:45 – JV Boys (5k, unlimited entry)  
11:30 – Varsity Girls (5k, top 7)  
12:15 – Varsity Boys (5k, top 7)

*\*Subject to change based on entries*

**Awards:** Awards to the top 15 in each race. Race winners will received an additional award.  
Team awards for top teams in the modified & JV races and the top 2 teams in varsity race.

**Results:** Results will be posted the day of the race on the following websites:  
[www.wfltrack.org](http://www.wfltrack.org) and [www.sectionvtrack.org](http://www.sectionvtrack.org)

**Entry Process:** Please email me your school's name, your name and email. Submit your updated competition roster on [yentiming.com](http://yentiming.com) by October 2nd.

**Registration Fee:** All entry fees should be paid before the day of competition. \$150 for both boys AND girls teams. \$75 for boys OR girls teams. \$15 for an individual.

**Payment Information:** Please make checks payable to: **Newark Cross Country Booster Club**  
C/O Jessica Wells  
3174 Fairville Maple Ridge Rd.  
Newark, NY 14513

**Rules:** This competition is governed by the National Federation of High Schools, the New York State Public High Schools Athletic Association, Section V Athletics, and the Wayne-Finger Lakes High School Association. Jewelry, uniform, and electronics rules are in effect and will be enforced. The Games Committee will be comprised of the head official and the Event Director. Any protests must be clearly written and explained before given to anyone on the Games Committee.

**Shirts:** A limited number of shirts will be for sale for a cost of \$20 each.

**Concessions:** There will be a concessions booth that will feature a variety of snacks and refreshments.

**Course Information:** A well-marked course with open grass fields, wooded trails and varied terrain.

**Team Drop-Off:** Teams can be dropped off in the FLCC parking lot located near the start and finish line.

**Bus Parking:** After team drop off, please direct drivers to the parking lot east of drop off.

**Packet Pick-Up:** Coaches can pick up racing bibs order of event list, list of participating schools, starting line box assignments and course maps at a table located near team drop off.

**Team Tents:** Please set up tents behind the starting area. Please remind athletes to stay out of the ponds and away from the higher grass and viney trees as there may be poison ivy.

**Spike Recommendation:** Spikes are recommended. The course crosses pavement twice at the beginning and end of the race and once in the second mile.



Pictures of the course:



*The starting line and finish chute in the large open field at the park*



*Athletes will run on the far side of the pond twice.*



*Another shot of the start line*



*One of many hills on our true XC course*



*Wide trails and lead cart*



*The finishing chute*