



2018

**NEWARK CROSS COUNTRY
MODIFIED INVITATIONAL**

Friday, October 5, 2018

Sarah Coventry/Stuart Park, Newark

EVENT: Cross Country invitational for Modified teams. 7th, 8th & 9th graders who have not competed in varsity or JV races.

DATE: Friday, October 5th. First race at 4:50

AWARDS: Team: Plaques to top 3 teams in each gender
Individuals: T-Shirts to top 3, medals to top 20

COURSE: 2-Miles with grass, trails, and hills.

FORMAT: 2 races, boys & girls. *No limit* on the # of runners. **Regular XC scoring:** Team score based on *5 runners*, 2 additional “displacers”.
We will be using a “card and tag method:” each runner will get a place card in the chute.
Coaches do a “raw score” and an official score will be done ASAP.

RACES: 4:50 Boys Race
5:15 Girls Race

FEES: \$4 per runner up to a maximum of \$45.

Please make vouchers/checks payable to: **Alex Eligh Community Center**

Mail to: Alex Eligh Community Center

303 East Ave

Newark, NY 14513

QUESTIONS: Joe Contario, Newark Cross Country coach
(315)521-7405; coachcontario@gmail.com

A concession stand will be available.