

2024 **NoCo Invitational** – Hosted by Norwood-Norfolk Central

**Saturday, October 12<sup>th</sup>, 2024**

*Site of the 2007 NYS Cross Country Championships*

*Site of the 2017 SUNYAC Conference Cross Country Championships*

Race Schedule:	Modified Girls	10:00	2.57k (1.6 miles)
	Modified Boys	10:30	2.57k (1.6 miles)
	Varsity Girls	11:00	5k (3.10 miles)
	Varsity Boys	11:30	5k (3.10 miles)

Unlimited entries are allowed in each race, however only top 7 per team are scored. Course is mostly wooded, "a great runner's course", with trails averaging 10 feet wide. Some challenging hills and great spectator viewing of finish and start.

The 5K course is the same course used for the 2007 State Championships.

Awards: High School/ Middle School Races  
Team Awards: Varsity places 1-3, Modified plaque 1<sup>st</sup> place team.  
Medals to top 3 individuals and ribbons for places 4-10 in all races.

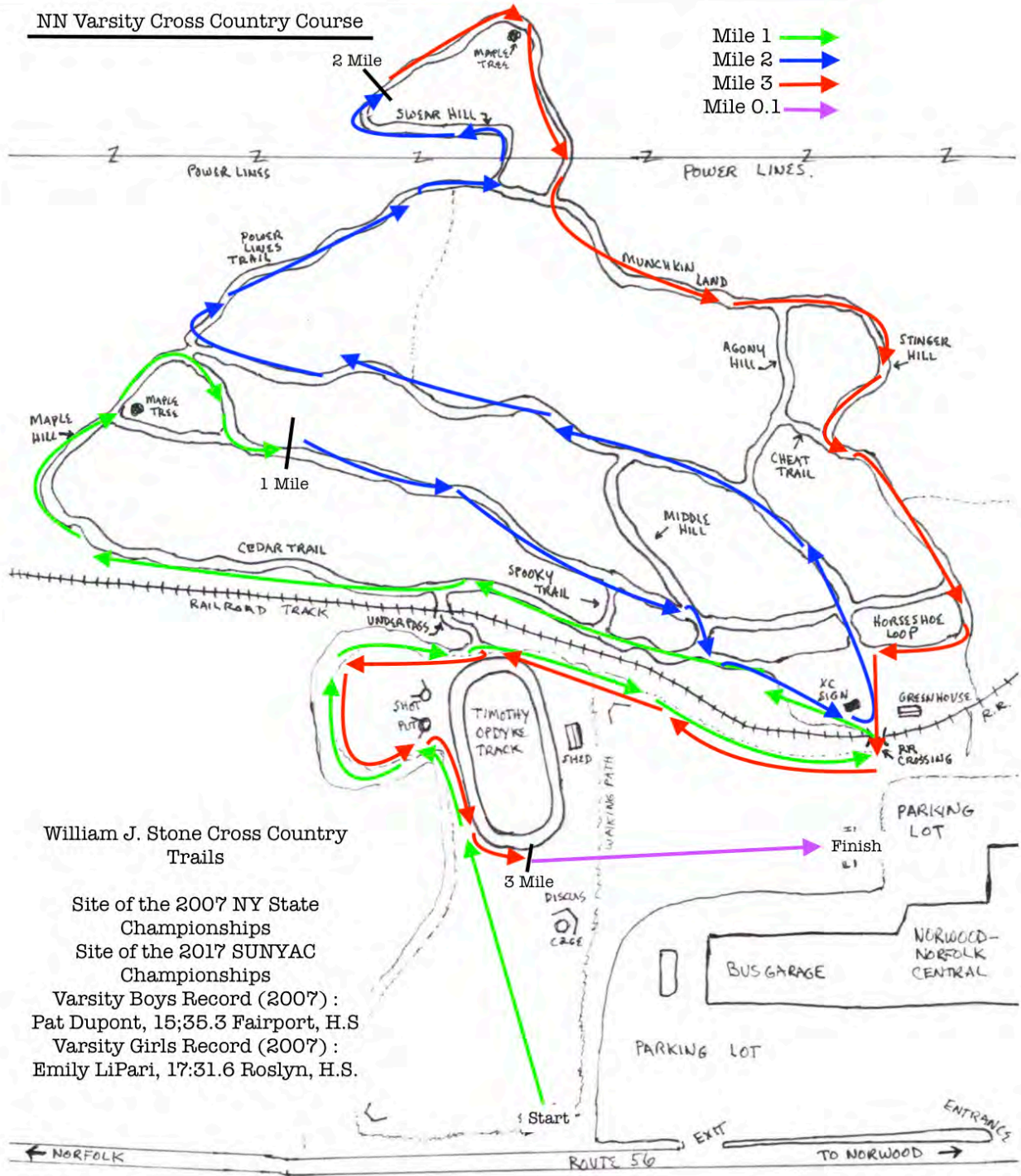
Entry Fee: High School/Middle School Races: \$100 per school  
Make checks payable to:  
Norwood-Norfolk Cross Country  
c/o Kent Fetter  
Norwood-Norfolk Central School  
7852 State Highway 56  
Norwood, NY 13668

Entries must be emailed to [kfetter@mncsk12.org](mailto:kfetter@mncsk12.org) no later than Friday, October 11<sup>th</sup> at noon.

*Please include:* Coach's name and contact number  
School  
Athletes Last Name, First Name, Gender, Grade  
Level - Varsity or Modified

Concession stand with food, drinks, and T-shirts will be on site.

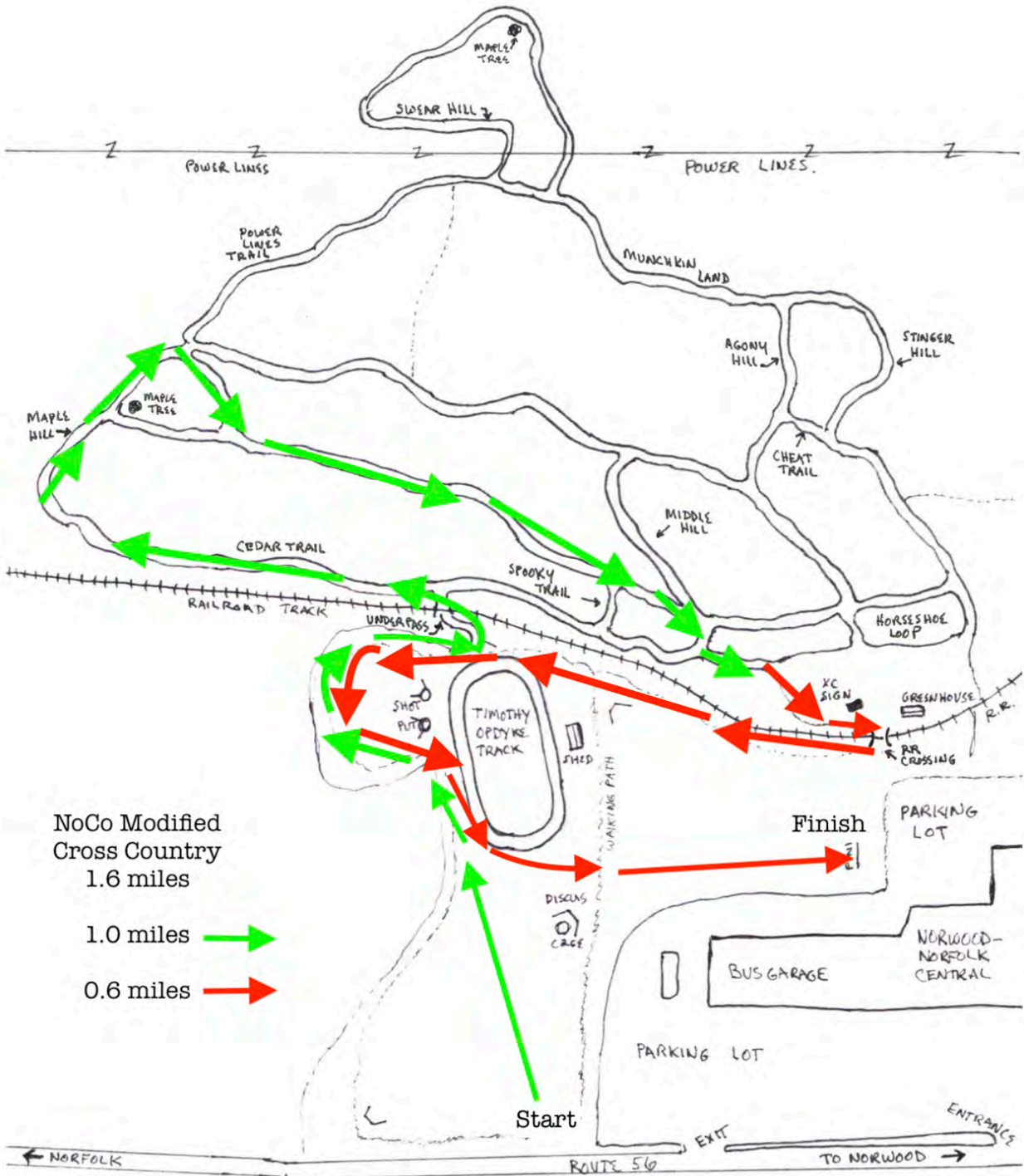
NN Varsity Cross Country Course



William J. Stone Cross Country Trails

Site of the 2007 NY State Championships  
 Site of the 2017 SUNYAC Championships  
 Varsity Boys Record (2007) : Pat Dupont, 15:35.3 Fairport, H.S.  
 Varsity Girls Record (2007) : Emily LiPari, 17:31.6 Roslyn, H.S.

**FLYERS FOREVER - FOREVER FLYERS**



NoCo Modified  
Cross Country  
1.6 miles

1.0 miles →

0.6 miles →