

2025 **NoCo Invitational** – Hosted by Norwood-Norfolk Central

Saturday, October 4th, 2025

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 1st place team.
Medals to top 3 individuals and ribbons for places 4-10 in all races.

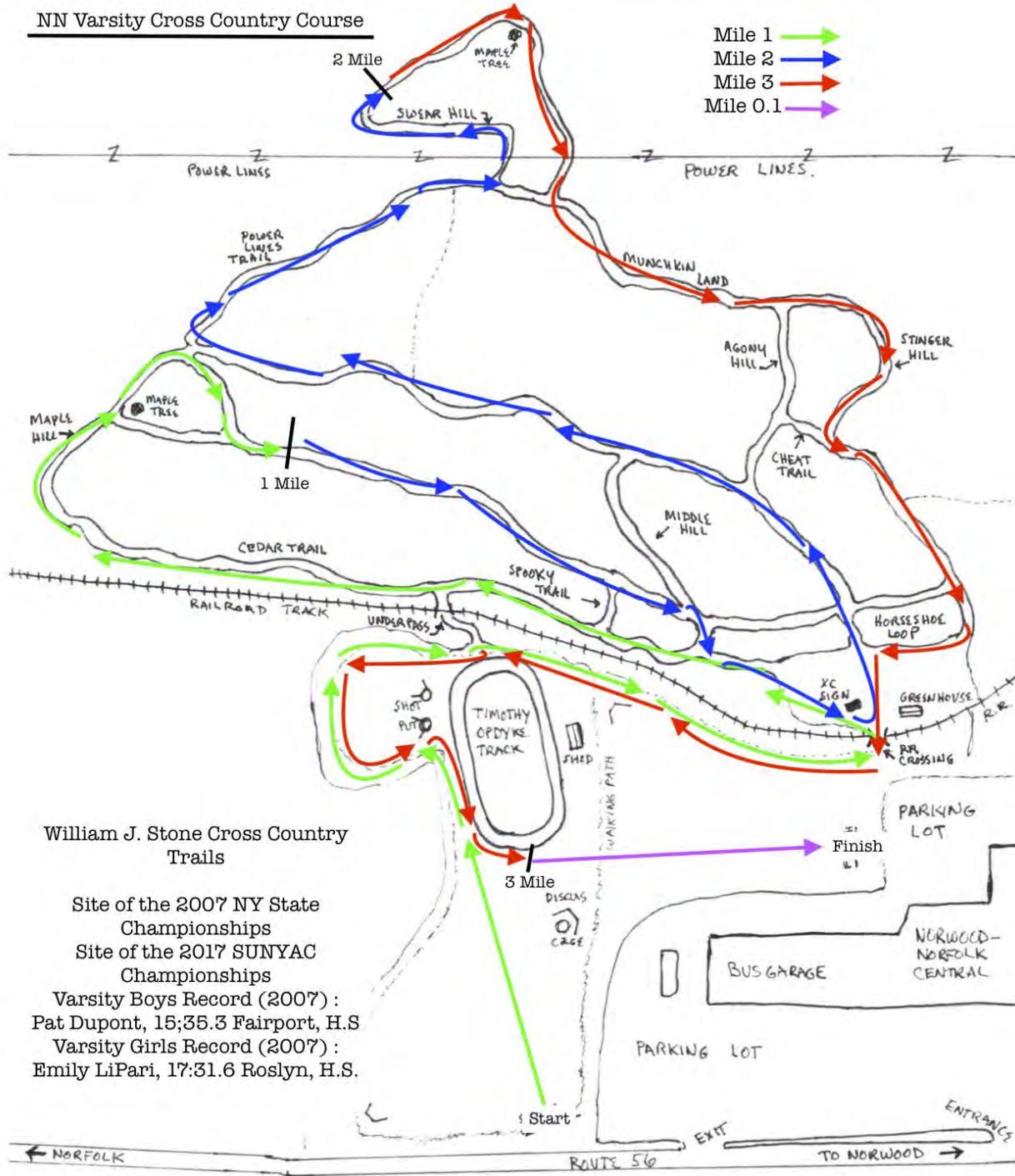
Entry Fee: High School/Middle School Races: \$100 per school
Make checks payable to:
Norwood-Norfolk Cross Country
c/o Kent Fetter
Norwood-Norfolk Central School
7852 State Highway 56
Norwood, NY 13668

Entries must be emailed to kfetter@mncsk12.org no later than Friday, October 3rd at noon.

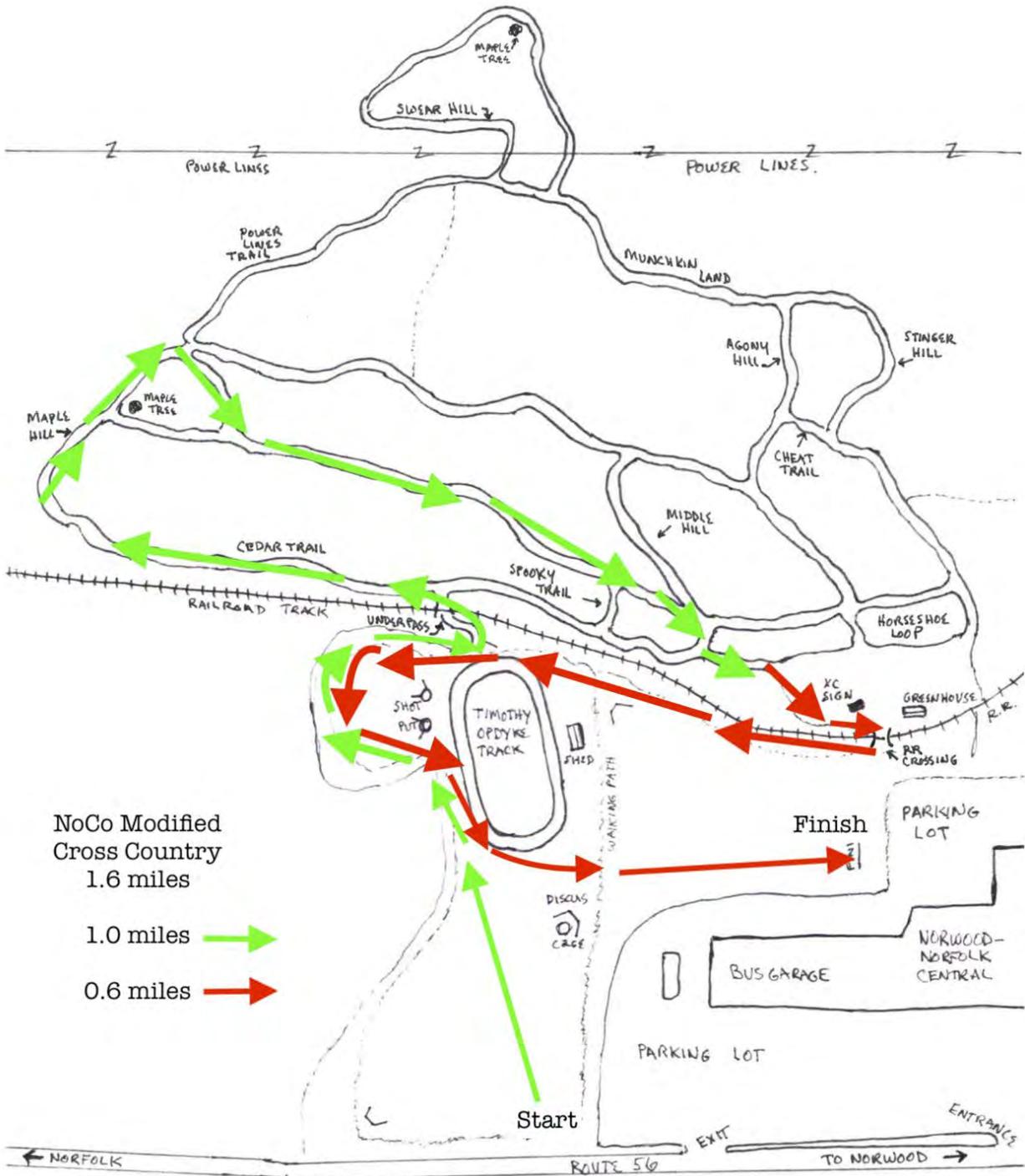
Please include: Coach's name and contact number
School
Athletes Last Name, First Name, Gender, Grade
Level - Varsity or Modified

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

NN Varsity Cross Country Course



FLYERS FOREVER - FOREVER FLYERS



NoCo Modified
Cross Country
1.6 miles

1.0 miles →

0.6 miles →

Finish

Start

← NORFOLK

ROUTE 56

EXIT

TO NORWOOD →

ENTRANCE