

Owego Cross Country Invitational 2023

Dear Coach,

We invite you and your runners to be a part of the annual Owego Invitational which will be held at **Owego Free Academy** on Saturday **September 23rd**, 2023. Please email me your intentions so I can make every attempt to accommodate each team.

Courses: *Varsity and Junior Varsity:* 3.1 miles (wheeled). *Modified Course:* 1.55 mile loop. Spikes are recommended for this varsity course. This is a fast, flat course with a stadium finish and great spectator viewing.

Races: Anticipated time schedule for the meet:

Final race breakdown and time schedule to be set once all teams are committed

9:00 a.m. Coaches Meeting at the Finish Line
9:20 a.m. Modified Boys
9:40 a.m. Modified Girls
10:00 a.m. J.V. Boys
10:40 a.m. Varsity Girls & Modified Awards
11:20 a.m. Varsity Boys *Maximum 9*
12:00 p.m. Awards Ceremony

Awards:

Team 1st place teams receive 7 'Team Champion' shirts:
Varsity boys & girls in 2 divisions (large school and small school)
J.V. boys 1 division
Modified boys & girls 2 divisions (large school and small school)

Individual Awards

T-Shirts Top 15 in varsity races receive t-shirts (combined)
Top 10 in JV race receive t-shirts (combined)
Top 10 in modified races receive t-shirts (combined)

Medals Top 16th-30th in Varsity races (combined)

or Top 11th-30th in JV race

Ribbons Top 11th-30th in Modified Races

Entry Fees: \$200.00 per School includes all races

DEADLINES: Entries will be made using nymilesplit.com (call me with any questions). Entries details and deadline will be emailed in early September. Teams

Please email me at heathj@oacsd.org to confirm your entry as soon as possible. Please contact me with any questions, I can be reached at home by phone at (607) 624-7048

John Heath, Varsity Cross Country Coach
Owego Free Academy

that don't have entries in by the tbd deadline may not have athletes officially entered in the meet.

If you are interested in attending, please email me and then send your entry fee or voucher along with your entry form. You will then still use nymilesplit.com to enter you official roster by the tbd deadline. Please email me with any questions.

Claim forms/checks are made out to

Owego Booster Club
c/o Cross Country
Owego Apalachin Middle School
3 Sheldon Guile Boulevard
Owego, NY 13827

2022 Owego Invitational Entry Form

School _____ Address _____

Coach _____ Home Phone _____ Work Phone _____

Please check the races your team will be participating in with approximate entry #'s:

Modified: _____ Boys _____ # of competitors _____ Girls _____ # of Competitors

JV: _____ Boys _____ # of competitors _____ Girls _____ # of Competitors

Varsity: _____ Boys _____ # of competitors _____ Girls _____ # of Competitors

_____ FEE ENCLOSED _____ **(FEE will be mailed)** _____ FEE will be presented at the event

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John Heath, Varsity Cross Country Coach
Owego Free Academy