

Owego Cross Country Invitational 2018

Dear Coach,

We invite you and your runners to be a part of the annual Owego Invitational which will be held at scenic Pheasant Hill Country Club in Owego, NY on Saturday **September 22nd**, 2018. Pheasant Hill is located just minutes from exit 64 on Rt. 17 (86).

We have had great experiences hosting our invitational along with the S.T.A.C. Championships at this site in past years and look forward to racing at Pheasant Hill once again in 2018! 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:* 1.65 mile loop. Spikes are recommended for this varsity course. This golf course has rolling hills with great spectator viewing. **No spikes for Modified.**

Races: and the time schedule for the meet:

8:50 a.m. Coaches Meeting at the Finish Line
9:10 a.m. Modified Boys
9:35 a.m. Modified Girls
9:55 a.m. J.V. Boys
10:35 a.m. Varsity Girls
11:10 a.m. Varsity Boys
11:40 a.m. J.V. Girls
12:15 p.m. Awards Ceremony

Awards:

Team Trophies 1st - 3rd places in Varsity divisions (Large School) and (Small School)
 1st - 3rd places JV boys (1 division)
 1st & 2nd places in Modified divisions (Large School) and (Small School)

Individual Awards

T-Shirts Top 10 in varsity races receive t-shirts
 Top 10 in JV races receive t-shirts
 Top 5 in modified races receive t-shirts

Medals Top 15 in Varsity races
 Top 15 in JV races
 Top 10 in Modified Races

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 (570) 250-8515

John Heath, Varsity Cross Country Coach
Owego Free Academy

Entry Fees: \$150 School Maximum, \$75 for a single team, \$15 for individuals.

DEADLINES: Entries will be made using sydexsports.com (call me with any questions). Rosters and race designation will be due by 8:00pm **Wednesday September 19th, 2018** in Sydex. Do your best to get entries in before Wednesday. Teams that don't have entries in by the 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 Sydex to enter you official roster by the 20th. Please email me with any questions.

Claim forms/checks are made out to

Owego Booster Club
Owego Apalachin Middle School
3 Sheldon Guile Boulevard
Owego, NY 13827

2018 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

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

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

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