

36th Annual Penfield – Irondequoit Invitational

Shadow Pines Park of Penfield

600 Whalen Road

Penfield, NY 14526

Saturday, October 5th, 2024

ORDER OF EVENTS

Time	Event
1:30	Modified Girls
1:45	Modified Boys
2:05	Varsity Girls
2:35	Varsity Boys
3:05	Boys' Varsity "B"
3:35	Girls Varsity "B"

The Winner of the Boys' and Girls' Varsity Races will receive a special award – the Ray Manuszak Award named in honor of long-time former Irondequoit Cross Country Coach and Aquinas teacher, and one of the founders of the meet.

Shirts will be available.

There will be a refreshment stand.

IMPORTANT INFORMATION

1. You May Run up to 10 athletes in the Varsity Races, unlimited entries in all other races.
2. Modified Race is 1.5 miles, Varsity races are 5000 meters
3. Entries are due to Dave Yen of Yen Timing Services no later than 8:00 p.m. on Wednesday, October 2nd , 2024.
4. Buses should park in the elementary school parking lot. Overflow parking may park across the street in the Bay Trail Middle School Parking lot

ENTRY FEES: 1. Maximum – \$175.00 per School
send checks, payable to:

Please

2. \$45.00 per Varsity Team
Country Boosters

Penfield Cross

3. 40.00 per each sub varsity team

c/o Anthony Kerr

4. \$10.00 per individual
School

Penfield High

25 High School
Drive

Penfield, New
York 14526

35th Annual Penfield Irondequoit Invitational

Official Entry For: _____ (School)

Contact Name: _____
Email _____ Phone _____

Amount Enclosed: _____

ENTRY FEES: 1. Maximum – \$175.00 per School
send checks, payable to:

Please

2. \$45.00 per Varsity Team
Country Boosters

Penfield Cross

3. 40.00 per each sub varsity team

c/o Anthony Kerr

4. \$10.00 per individual
School

Penfield High

25 High School
Drive

Penfield, New
York 14526