

2022 Tornado 5000
2nd annual Cross country invitational
Norwich High School
Friday October 7th

Entries/ intent to enter:

Coaches, please send an email to shoran@norwichcsd.org with your intent to enter.

Entry information will be sent out in early September.

3:45	Coaches meeting		Near the start line
4:00	Modified girls race	2.6K	Unlimited entries
4:20	Varsity/ JV boys race	5K	Unlimited entries
4:50	Modified boys race	2.6 K	Unlimited entries
5:10	Varsity/ JV girls race	5K	Unlimited entries
5:45	Team awards		Near the finish line

The course

The Varsity course is a very flat and fast 2 loop, 5000m run. The modified course is approximately 2.6K. The course is mostly grass with a section of dirt road. Athletes can wear spikes or trainers.

Notes of interest

-There will be a concession stand available.

-FAT HEAD row- As a way to celebrate your senior athletes feel free to bring a fat head cut out of your senior's faces to post up on the middle straightaway of the course. You may also bring a poster to cheer on your team. We will have plenty of wood stakes and a crew to set them up along the course. Seniors will get to keep their FAT HEAD as a gift from their coach/team. Last year we used buildahead.com and ordered 24 inch big heads but there are plenty of websites available



Awards

Teams: the top 2 teams will receive an award

Individuals

Varsity 1-10 T-shirt, 1-25 medals

Modified 1-25 medals

Entry fees

1 race - \$50

All races \$150

Please make checks payable to “Norwich Track Boosters”

Send checks to

Shaun Horan

Norwich High school.

89 midland dr

Norwich, NY 13815