

Hickories Cross Country Invitational 2008

Dear Coach,

We invite you and your runners to be a part of the annual Hickories Invitational which will be held at scenic Hickories Park in Owego, NY on Saturday **September 20th, 2008**. Hickories Park is located just minutes from exit 65 on Rt. 17 (86). We are also bringing back our Freshman races this year for 9th graders (or 1st year 10 grade athletes that would be better suited for a 2 mile course at that time in the season).

Courses: *Varsity and Junior Varsity:* 3.15 miles (wheeled). *Freshman:* approx. 2 miles of the Varsity course. Spikes may be used on this spectator friendly course. The course is mostly flat with the exception of a few short and steep hills. *Modified Course:* 1.58 mile loop on the 3.1 mile Varsity course. **No spikes for Modified.** The

Races: and the time schedule for the meet:

- 8:30 a.m. Coaches Meeting across from Concession Stand
- 9:00 a.m. Modified Girls
- 9:15 a.m. JV Boys
- 9:45 a.m. Modified Boys
- 10:00 a.m. Varsity Girls
- 10:35 a.m. Varsity Boys
- 11:05 a.m. Freshman Girls
- 11:25 a.m. Freshman Boys
- 11:55 a.m. Awards Ceremony

Awards:

- Team Trophies Overall Team Champion Varsity Boys and Girls
1st and 2nd places in varsity divisions (AA/A) and (B/C/D)
1st and 2nd place JV (1 division)
1st and 2nd place Modified Teams receive plaques
- Individual Trophies Top 25 in varsity races receive trophies (6th-25th in chute)
Top 10 in JV races receive trophies
1st Place Modified Boy and Girl
1st place Freshman Boy and Girl
- Individual Medals 26th- 40th in varsity races (awarded in chute)
11th-25th in JV races (awarded in chute)

2nd-30th in Modified & Freshman races (awarded in chute)

Please email me at heathj@oacsd.org to confirm your entry prior to September 14th. Please contact me with any questions, I can be reached at home by phone at (570) 423-0837.

John Heath, Varsity Cross Country Coach
Owego Free Academy

Entry Fees: \$110 School Maximum, \$40 for a single team, \$10 for individuals.

DEADLINES: Entries will be made using sydexsports.com (call me with any questions). Rosters and race designation will be due by 9:00pm Wednesday September 17th, 2007 in Sydex. Do your best to get entries in before Wednesday. Teams that don't have entries in by the deadline will not run in the meet.

If you are interested in attending, please send your entry fee or voucher along with your entry form below and return it to the following address by Friday September, 12. You will then still use Sydex to enter you official roster by the 17th. Please email me with any questions.

Claim forms/checks are made out to
Owego Apalachin Sports Booster
c/o Cross Country
Owego Free Academy
1 Sheldon Guile Boulevard
Owego, NY 13827

2008 Hickories Invitational Entry Form

School _____ Address _____

Coach _____ Home Phone _____ Work Phone _____

Please check the races your team will be participating in:

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

Freshman: _____ 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 presented at the event

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