

2008 Stock-Conwicke Cross Country Invitational

Dear Coach,

Vestal Central High School and Union-Endicott High School invite you to the 48th annual Sid Stock-Ted Conwicke Cross Country Invitational. Once again, we expect the weather to be great!

Respectfully your,

Vestal/UE XC Coaches

DATE: Saturday, October 4th, 2008

WHERE: Arnold Park, Vestal, NY (Section IV)

Directions: Take Route 17/ I-86 to exit 67 south (Rt.26 South – Vestal). Continue up the hill on Rt. 26 south to the top. At the blinking yellow light, turn left onto Pierce Hill Road. Continue on Pierce Hill for about $\frac{3}{4}$ of a mile to Andrews Road on your right. Arnold Park is 100 yards up the road. Bus parking is on the right. Facilities at Arnold Park are limited but there are bathrooms and a concession stand will be running

TIME: 9:00 Coaches Meeting

9:15 Modified Girls

9:40 Modified Boys

10:00 Jr. Varsity Girls

10:35 Jr. Varsity Boys

11:05 Varsity Girls

11:40 Varsity Boys

Course Description: The course is a true cross country course. We have found that flats or pin can be used and longer spikes work well if the ground is wet. The some trails have been improved but they all require concentration by the runner. The varsity course is a hilly 3.1 miles and the modified course is 1.5 miles. Both courses start fairly flat leading you to gradual and steep trails going into winding trails. The high point of the course is reached by the middle of the race and finishes with a long stretch of winding downhills and flats.

Team Awards: 1st and 2nd place team trophies in all races

Individual Awards: T-shirts

First 20 finishers in Varsity Boys

First 20 finishers in Varsity Girls

First 10 finishers in JV Boys

First 10 finishers in JV Girls

First 20 finishers in Modified Boys

First 20 finishers in Modified Girls

Ribbons

21-50th place in Varsity/Modified Races

11th-50th place in JV Races

ONLY COACHES MAY PICK UP AWARDS AFTER EACH RACE

Registration Information: 2008 Stock-Conwicke Invitational

Entry Fee - \$85.00 per school regardless of the number of races entered

Entry Deadline October 4th, 2008

School Name: _____

Coaches Name: _____

Payment Enclosed (circle) YES NO

Enter the races by writing the approximate number of runners planned to participate in each event.

Modified Boys _____ Modified Girls _____

JV Boys _____ JV Girls _____

Varsity Boys _____ Varsity Girls _____

Send Payment and Registration Form to: Vestal Athletic Department

205 Woodlawn Drive

Vestal, NY 13850

FAX: 757-2351

Make vouchers/checks payable to: Vestal Central School District

Contact Information: Gary Fancher – (607) 757-2236

SEE YOU THERE