

Windsor Cross Country 49th Annual Windsor Invitational

WHEN: September 6, 2008

WHERE: Windsor High School

COURSE: The Course is a 3.1 mile course, running the hill twice. Majority of the course is on grass but course does cross pavement several times. Spikes are suggested!

TIMES:

Coaches Meeting	9:00 AM
Junior Varsity Girls	9:20 AM
Junior Varsity Boys	10:00 AM
Varsity Girls	10:40 AM
Varsity Boys	11:15 AM
Awards	ASAP

Varsity Races are limited to 7 runners only! All JV races are unlimited entries.
Concession Stand will be available & **T-Shirts** will be on sale for \$10 each

AWARDS: Junior Varsity Girls- 2 Team Trophies, 10 Individual Trophies
Junior Varsity Boys- 2 Team Trophies, 10 Individual Trophies
Varsity Girls - 2 Team Trophies, 15 Individual Trophies
Varsity Boys - 2 Team Trophies, 15 Individual Trophies

Long Sleeve T-Shirts to top five in each race

Ribbons for 16-50 place in each varsity race

Ribbons for 11-40 place in each JV race

REGISTRATION: The entry fee is \$85.00 for all races.
\$50 for just one race
Individual runners may enter for \$10.00 each.

PAYMENT: Make all checks/ vouchers payable to:

Windsor Cross Country Club

Windsor High School, Attn. CC Coach

1191 NYS RT. 79

Windsor, NY 13865

PLEASE MAKE PAYMENT PRIOR TO DAY OF MEET

MORE INFO: Carla Williams-Drake
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