



# GUILDERLAND XC

Spring 2010  
Dear Coach,

We invite you to join us at beautiful (and challenging) Tawasentha Park for the **40<sup>th</sup> Guilderland Cross Country Invitational** on Saturday, September 11, 2010. If you have any plans for attending the NYS Federation Meet in November, then our course at Tawasentha will prepare your runners for that great race as the two courses are similar in terrain. In addition, this prestigious Invitational has hosted some of the best teams in Section 2 NY and the nation, and provides an exciting preview of the fall season! We hope you choose to attend and, as always, we appreciate your support.

### Rules for 2010:

- No athletes 19 years of age before September 1, 2010 or 13<sup>th</sup> graders are allowed to run.
- We anticipate sanctioning this year for N.Y., N.J., PA., VT., MA., and Ontario, Canada.
- You must run a complete Varsity team in order to run a JV race. At least 5 runners comprise a team. The 6<sup>th</sup> runner will be the tie breaker. Any school may choose to run in either the Varsity "A" race, or the Championship race.
- Incomplete teams will not displace complete teams in combined races... individuals will be pulled out for team scoring.

### Schedule of Races:

7:00 to 9:00 a.m. Course open to walk (Friday, 9/10: course marked and open)

			<u>Maximum # of Runners</u>
9:00	Frosh Girls *	Team and Individual	Unlimited
9:30	Frosh Boys *	Team and Individual	Unlimited
	* Or selectively classified 7 <sup>th</sup> and 8 <sup>th</sup> graders		
10:00	JV Girls	Team and Individual	Unlimited
10:30	JV Boys	Team and Individual	Unlimited
11:00	NATIONAL ANTHEMS		
11:15	Varsity Girls – A Race	Team	7
11:45	Varsity Boys – A Race	Team	7
12:15	Girls Championship Race (Varsity)	Team	7
12:45	Bob Oates Boys Championship Race (Varsity)	Team	7
1:15	<u>All -Comers / Coaches Race (*NEW*)</u> – Open to Community & Coaches \$ 5 per runner – day of race registration @ the Small Pavilion		
1:30	Awards Ceremony (Varsity Races only)		

## NEW THIS YEAR!!!

Due to the overwhelming popularity of this invitational, entries must now be submitted via [www.onlineentries.com](http://www.onlineentries.com) by Monday, September 6, 2010. If there are any difficulties registering with their website, our event, or with entering rosters, please E-mail [burlingamej@guilderlandschools.org](mailto:burlingamej@guilderlandschools.org) Last minute roster changes can be submitted the day of the invitational at the back of the Large Pavilion.

### Results:

Results will be instantly available using HyTek's Meet Manager Software, and will be in the office behind the pavilion and online at [www.guilderlandxc.com](http://www.guilderlandxc.com) throughout the meet.

### Awards:

**Team:** Shirts and trophies to 1<sup>st</sup> and 2<sup>nd</sup> place teams in the JV and Frosh races. 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place teams in the Varsity races.

### Individual:

Frosh and JV races	1-30 medals
Varsity races	1-10 trophies, 11-35 medals

### Sandy Morley Championship, Bill Drake Championship Awards:

Top 5 runners' times from a Varsity team in either race.  
Low time wins water bottles (7 runners).

### Accommodations:

**Parking:** Your van or bus will be directed to areas. Limited  
**Showers:** Not available. Come ready to run. Restrooms on site.  
**First Aid:** Athletic Trainer will be on site. Please bring your own ice and supplies.  
**Concessions:** Food, Drinks, T-Shirts and Extras will be sold courtesy of the GXC Parents Group. Don't miss our **World Famous Chili !!**

### Questions should be directed to: Meet Directors

Dave Kosier	Cell (518) 810-8550	Work (518) 861-8591 Ext 6127
Jason Burlingame	Cell (518) 928-1228	Work (518) 861-8591 Ext 6054

### Directions to Tawasentha Park, Guilderland, N.Y.

- **From the West, East and South:** Via NYS Thruway, Exit 24. Keep right (Western Ave., Rt. 20). Follow to the end. Take a right onto Rt. 20 and proceed approximately 5

