

EDWIN SPRINGSTEAD CROSS COUNTRY INVITATIONAL
FORMERLY SHAKER HIGH SCHOOL CROSS COUNTRY INVITATIONAL
(HOSTED BY SHAKER HIGH SCHOOL CROSS COUNTRY TEAMS)

SEPTEMBER 12, 2009

COURSE: COLONIE TOWN PARK, LATHAM, N.Y. (3.04 MILES)

ENTRIES: EACH SCHOOL MAY ENTER ONE TEAM OF SEVEN (7) RUNNERS IN THE VARSITY RACES WITH UNLIMITED ENTRIES IN THE J.V. AND FROSH RACES.

ENTRY FEE: VARSITY BOYS AND GIRLS RACES - \$30.00 PER TEAM (7 RUNNERS)
J.V. BOYS AND GIRLS RACES - \$25.00 PER TEAM (7 RUNNERS)
FROSH BOYS AND GIRLS RACES - \$25.00 PER TEAM (7 RUNNERS)
FROSH & JV RUNNERS IN EXCESS OF 7 - \$5.00 PER RUNNER

MAXIMUM ENTRY FEE - \$150.00 PER SCHOOL

**CHECKS SHOULD BE MADE OUT TO: SHAKER BOOSTER CLUB

ENTRIES SHOULD BE MAILED TO ARRIVE BY SEPTEMBER 1ST AND MUST BE ACCOMPANIED BY SCHOOL CLAIM FORM OR CHECK. DO NOT JUST SHOW UP WITHOUT SENDING IN YOUR ENTRY!

MAIL ENTRIES TO: MARBRY GANSLE, MEET DIRECTOR
SHAKER HIGH SCHOOL
WATERVLIET-SHAKER ROAD
LATHAM, NEW YORK 12110

AWARDS: VARSITY RACES - TEAM PLAQUES TO CHAMPION AND RUNNER UP TEAMS
T-SHIRTS TO CHAMPION AND RUNNER UP TEAMS
INDIVIDUAL PLAQUES TO FINISHERS 1-10
MEDALS TO FINISHERS 11-25

J.V. RACES - TEAM PLAQUE TO CHAMPION
(DO NOT RUN LESS THAN 5 OR MORE THAN 7 RUNNERS IN THIS RACE)
INDIVIDUAL PLAQUES TO FINISHERS 1-5
MEDALS TO FINISHERS 6-25

J.V. EXTRAS RACE - MEDALS TO FINISHERS 1-15 (BOYS AND GIRLS)

FROSH RACES - TEAM PLAQUE TO CHAMPION
(DO NOT RUN LESS THAN 5 OR MORE THAN 7 RUNNERS IN THIS RACE)
INDIVIDUAL PLAQUES TO FINISHERS 1-5
MEDALS TO FINISHERS 6-25

FROSH EXTRAS RACE - MEDALS TO FINISHERS 1-15 (BOYS AND GIRLS)

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MEET TIME SCHEDULE

9:30	FROSH GIRLS TEAM RACE	1.5 MILES
9:50	FROSH BOYS TEAM RACE	1.5 MILES
10:10	FROSH EXTRAS RACE (BOYS AND GIRLS)	1.5 MILES
10:30	J.V. GIRLS RACE TEAM RACE	3.04 MILES
11:00	J.V. BOYS RACE TEAM RACE	3.04 MILES
11:30	J.V. EXTRAS RACE (BOYS AND GIRLS)	3.04 MILES
12:00	VARSITY GIRLS RACE	3.04 MILES
12:30	VARSITY BOYS RACE	3.04 MILES
1:00	AWARDS	

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SEPTEMBER 12, 2009

SCHOOL: _____

COACH'S NAME: _____

HOME ADDRESS: _____

HOME PHONE: _____

NUMBER OF ATHLETES

VARSITY GIRLS

VARSITY BOYS

J.V. GIRLS

J.V. BOYS

J.V. EXTRA GIRLS

J.V. EXTRA BOYS

FROSH GIRLS

FROSH BOYS

FROSH EXTRA GIRLS

FROSH EXTRA BOYS

TYPE OF PAYMENT: CLAIM FORM () CHECK ()

