

41TH ANNUAL BURNT HILLS CROSS COUNTRY INVITATIONAL

Dear Coach,

July 2023

We are inviting your school to the **41TH Annual Burnt Hills Cross Country Invitational**. This year we will hold the Invitational on **Saturday, October 14, 2023**. Enclosed you will find an information sheet with all the details. The first race goes off at **9:00 am**. **The Freshman Girls' will be the first race this year.**

If you plan on attending, you will need to register on **Milesplit NY**. We will accept the **first 85** team entries who are entered by **Friday, September 29**. To register you will need a password that will be furnished by the **Burnt Hill Track Club** by contacting them at invy@bhblrunners.com, confirming your team's intention to attend our meet. Registration is now open on **Milesplit NY**. Also, please fill out the portion below with payment once you've registered on **Milesplit NY**.

ROSTERS – We will be using ny.milesplit.com for collecting team rosters again this year.

Please enter your team rosters with them by **11:00 pm – Monday, October 9, 2023**.

We are looking forward to seeing you and your team this fall. Good luck!

Sincerely,

Joe Scalise, BH – BL Director
Physical Education/Athletics

Burnt Hills Track Club, Meet Director

ENTRY DEADLINE – Registering on Milesplit NY along with Entry Form and Check / Voucher by Friday, September 29, 2023

Rosters must be entered via ny.milesplit.com by 11:00 pm – Monday, October 9, 2023

Underdog Race Timing will be Timing / Scoring the meet.

Yes, we are planning on attending the 2023 Burnt Hills Invitational.

School: _____ Enrollment 10-12: _____

School Address _____

BOYS Team Varsity _____ JV _____ Frosh _____ Modified _____

BOYS Coach: _____ Email: _____

School Phone: (____) _____ Cell Phone: (____) _____

GIRLS Team Varsity _____ JV _____ Frosh _____ Modified _____

GIRLS Coach: _____ Email: _____

School Phone: (____) _____ Cell Phone: (____) _____

41TH ANNUAL BURNT HILLS CROSS COUNTRY INVITATIONAL

Date: Saturday, October 14, 2023

Time: First race starts at 9:00 am

Location: Saratoga State Park, Saratoga Springs, NY

Course: Varsity / JV: 3.05 mile course
Freshmen / Modified: 1.7 mile course

Divisions: The number of entries received by September 29, 2023 and each team's enrollment (Grades 10 – 12) will be used to determine divisions. Divisions will be posted on www.bhblrunners.com during the week before the meet.

Number of Runners: Each team is permitted ten (10) Varsity runners. You must run a complete Varsity team in order to run a JV team. JV "B", Freshmen, and Modified runners are unlimited. Additional races may be added if necessary.

Awards: **Top 75 in each race [1ST – 30TH awarded Large Medals / 31ST – 75TH awarded Small Medals]**
Shirt for the winner of each race.
Winning team in each race (first 7 runners + coach) get shirts.
Top **3** teams in Varsity Races (Boys and Girls) – Trophies
Top **3** teams in JV, Freshmen, and Modified Races (Boys and Girls) – Trophies

Entry Fees: \$200 per school (for both Boys' *and* Girls' teams)
\$115 per school (if *only a* Boys' team *or only a* Girls' team)
\$115 per school if only competing in the Boys' and Girls' Modified races

Please mail completed Registration Form along with Check or Voucher by **Friday, September 29, 2023** to:

Chris Casey, Treasurer
Burnt Hills Track Club
1023 Gideon Trace
Charlton, NY 12302

Checks are payable to: **Burnt Hills Track Club**

For additional information: Joe Scalise (Athletic Director): (518) 399-9141 (high school)

Burnt Hills Track Club email: invy@bhblrunners.com

Be sure to check www.bhblrunners.com for **additional meet info** as well as race results.

41TH ANNUAL BURNT HILLS CROSS COUNTRY INVITATIONAL

Dear Coach,

July 2023

The planning for the **41TH Annual Burnt Hills Cross Country Invitational** on **October 14, 2023** is well underway. We hope we are included in your plans again this year and you can be assured that we will do everything we can to ensure a great day of racing.

This year, the first race of the day will be the **Freshman Girls' race**, which will be starting at **9:00 am**. We will award Large Medals for the first **30** finishers and Small Medals for the next **45** in each and every race. We will also continue to award a Champion's shirt to the winner of each race, along with a Team Champions' shirt for members of the winning team (7) and their coach. **Trophies will be awarded to the Top 3 teams in all races once the results are official and have been posted.**

Since several teams are traveling some distance we have been asked for overnight recommendations. Together with Discover Saratoga we have provided a site with direct links to accommodations at the end of this letter, some with discounts specific to the Invitational. Another good option would be Clifton Park, which has a large variety of hotels and restaurants and is only 20 minutes away from the park. (See below.) Please feel free to share this information with any of the runners' families who may be interested in coming to see the races. Also, below are some driving directions to Saratoga State Park for your convenience. On the day of the event there will be food trucks and concessions for onsite eating as well as commemorative t-shirts for sale. Cash and small bills are preferred for concessions when possible.

If you have any questions, please feel free to email us at: invy@bhblrunners.com. We look forward to seeing you this year at the Invitational!

Sincerely,

Burnt Hills Track Club

Driving Directions to Saratoga State Park: 108 Avenue of the Pines, Saratoga Springs, NY 12866

From the South:

NY State Thruway North to Exit 24 (Albany). Get on I-87 (The Northway) headed North, to Exit 13N (Saratoga). As you exit at 13N, turn right off the ramp onto Rt. 9 North and continue for approximately 2.5 miles. Pass through a traffic light with Saratoga Honda on the right. Signs for the entrance to Saratoga Spa State Park will be on your left. Turn left onto Avenue of the Pines. Follow the Avenue of the Pines through the park. Bear right at the fork. There are several areas to park.

From the West:

NY State Thruway to Exit 28, Fultonville. Head toward Johnstown and follow Rt. 29 to Saratoga Springs. Rt. 29 intersects with West Avenue. Take a right on West Ave. and follow to Rt. 50. Right onto Rte. 50, and then a left onto Avenue of the Pines. There are several areas to park.

From the North:

Take I-87 (The Northway) South to Exit 13N (Saratoga). As you exit at 13N, turn right off the ramp onto Rt. 9 North. (See directions from the south).

From the East:

Take the Mass. Turnpike to the NY State Thruway, to Exit 24, Albany. Get on I-87 (The Northway) headed North, to Exit 13N (Saratoga). As you exit at 13N, turn right off the ramp onto Rte. 9 North. (See directions from the south).

For Discounted Hotel Rates and other lodging information please visit:

<https://www.discoversaratoga.org/bh-bl-cross-country-invitational/>