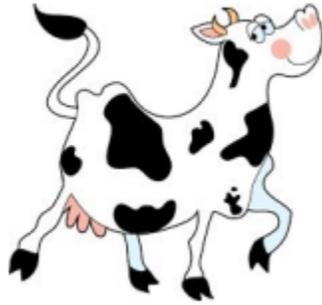


CATO-MERIDIAN CROSS COUNTRY INVITATIONAL 2023



Date: Saturday September 9th, 2023

Time: 9:00 am

Location: Cato Meridian High School

Course: 5,000-meter trail race that includes: hills, woods, fields and a trail along a swamp.

Entries:

- Leone Timing will handle all timing and scoring needs.
- Entries via ny.milesplit.com by Wednesday, September 6th

Results: Will be posted on www.leonetiming.com and www.tullyrunners.com

Entry fee:

- One Team: \$90
- Two Teams: \$180
- Individuals (up to 2 per school): \$15 per runner

Please make checks/vouchers payable to:

Cato-Meridian Sports Boosters

c/o Donna Cappellano - Cross Country Club

2851 NYS Route

Cato, NY 13033

Awards:

Individual race winners will receive a cow bell

Top 10 Varsity finishers receive T-Shirts

Top 50 finishers will receive ribbons

First place varsity teams will receive patches for first 7 runners

Race Schedule:

8:00 am Open run 3.1 miles

9:00 am Girls' Varsity Race 3.1 miles

9:45 am Boys' Varsity Race 3.1 miles

Parking: Please drop athletes off at the high school entrance on Route 370. Buses may exit the traffic circle and re-enter the HS and park in the back lot that is to the right of the HS. Additional parking is available further up the road in the middle school and elementary lots. Please do not park buses in front of the high school or in the fire lanes. The parking lot next to baseball fields on 370 will be reserved for spectator/volunteer parking.

1. Coaches can pick up the race packets in the press box by the track.
2. Refreshments for coaches are also in that room.
3. All varsity athletes may run in the varsity races. (unlimited entries)
4. All bibs should be worn on front of jerseys. Spikes are allowed in all races.
5. Position on the start line is first come, first serve.
6. Concession stand will be open.
7. Commemorative T-Shirts will be on sale next to the blue concession stand.