

## **The John Bernard (Adirondack) Cross-Country Invitational** **Saturday, October 28, 2023**

**Location/Facility:** Adirondack High School/Middle School, 8181 Route 294, Boonville, NY. Bathroom and locker room facilities will be available in the High School. Restrooms are also located in the Food Concession Building—near the start and finish area.

**Course:** Modified (1.7) and Varsity (3.1) are flat with well-marked, mowed grass paths and are excellent for spectators.

**Entries:** Entry form with a claim form/purchase order or check payable should be sent to: Adirondack Booster Club C/O Mike O'Donnell, Adirondack High School, 8181 Route 294, Boonville NY 13309 by October 18, 2023. Please have payments in **before** race day if possible. Schools will be randomly assigned to Division I or II races. Schools will be notified of their Division assignment the week prior to race day.

**E-mail Address:** [modonnell@adirondackcsd.org](mailto:modonnell@adirondackcsd.org)

### **Entry Fee:**

- \$175 per school (includes boys and girls modified and varsity teams)
- \$125 per team (boys or girls, modified or varsity only)
- \$10/athlete (incomplete teams only)

**Meet Registration:** Coaches must enter/register ALL of their participating athletes (modified and varsity) via [ny.milesplit.com](http://ny.milesplit.com) by Oct. 21st. (This is the only way to register your athletes).

\*\* An Open 5K Race will be held at 8:15am (on the varsity course).

Registration will be in the Team Awards Tent adjacent to the finish chute from 8am to race time. A \$10 donation will be collected at registration. **Awards:** t-shirts to the top five overall finishers.

**Packet Pickup:** - 9 a.m. in the Middle School Cafeteria (coaches only inside). Enter by greenhouse door. This area will be open to coaches only from 7:30 to 9a.m. to pick up their packets and running tags. Donuts and refreshments will be available for coaches.

Schools arriving after 9:30 a.m. are requested to pick up their packets and running tags in the Team Awards Tent (adjacent to the finish chute).

Each participating school will also receive one meal voucher (to be determined by the Varsity Club).

**Awards:**

- The top three teams in the modified and varsity races will receive plaques.
- Invitational t-shirts to the top 10 and ribbons to the top 50 in all races.
- Medals to the Outstanding Male Runner and Outstanding Female Runner (fastest male and female times of the day).

Will be handed out at the finish (individual) and/or the Team Awards Tent (team).

**Refreshments/ T-Shirts:** Concession building (near the finish area) will be open from 7:30 a.m. to the conclusion of the invitational. A limited number of invite t-shirts will be available for sale.

**Scoring & Results:** Results will be posted on a results board near the finish chute. Results will also be available online after each race.

**Race Order:**

8:15am - Open 5K Race (\$10 Registration)

9:30am - Boys Modified (only 1 boys mod. race now) \*\*\*

9:50am - Girls Modified (only 1 girls mod. race now) \*\*\*

10:15am - Boys Varsity I

10:45am - Girls Varsity I

11:15am - Boys Varsity II

11:45am - Girls Varsity II

\*\* All races are unlimited entries.

**Please return the entry form below as soon as possible!**

\_\_\_\_\_ (school name) will attend the John Bernard  
(Adirondack) Cross-Country Invitational on October 28, 2023

**Race**                      **Check all that apply**

Boys Varsity                      \_\_\_\_\_

Girls Varsity                      \_\_\_\_\_

Boys modified                      \_\_\_\_\_

Girls modified                      \_\_\_\_\_

(\$175) Boys & Girls Modified and Varsity

(\$125) Boys **or** Girls, Modified Only

(\$10/athlete) Incomplete Teams Only

**Coaches Information:**

Girls Coach: \_\_\_\_\_ Boys Coach: \_\_\_\_\_

Phone: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_ E-mail: \_\_\_\_\_

Please mail to:  
Adirondack Booster Club  
C/O Mike O'Donnell  
Adirondack High School  
8181 State Route 294  
Boonville, NY 13309  
Fax: (315)-943-2900  
E-mail: [modonnell@adirondackcsd.org](mailto:modonnell@adirondackcsd.org)