2021 North Country Invitational Hosted by Norwood-Norfolk Central School

Saturday, October 16th, 2021

Site of the 2007 NYS Cross Country Championships 2017 SUNYAC Conference Cross Country Championships

Race Schedule: Modified Girls 10:00

Modified Boys 10:30 Varsity Girls 11:00 Varsity Boys 11:30

Unlimited entries are allowed in each race, however only top 7 per team are scored.

Course is mostly wooded, "a great runner's course", with trails averaging 10 feet wide. Some challenging hills and great spectator viewing of finish and start. Course is the 5k course used for the 2007 State Championships.

Awards: High School/Middle School races:

Plaques to the top two teams in all races.

Medals to top 3 and ribbons for places 4-10 in all races.

Entry Fee: High School/Middle School Races:

\$90.00 per school

Make checks payable to Norwood-Norfolk Cross Country

c/o Mr. Kent Fetter

Norwood-Norfolk Central School

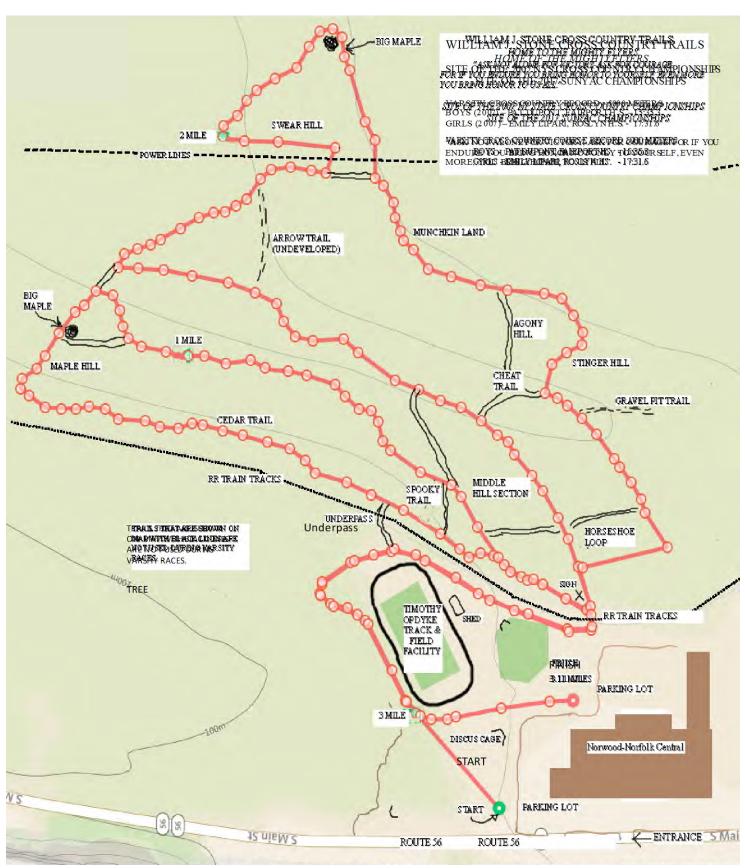
7852 State Highway 56 Norwood, NY 13668

Entries must be emailed to kfetter@nncsk12.org no later than Friday, October 15 at noon.

Please include: Coach's name and contact number

School

Last name, First Name, Gender, Grade Level



MODIFIED COURSE STARTS, GOES AROUND THE TRACK <u>USES THE UNDERPASS</u> THEN PROCEEDS TO DO THE FIRST PART OF THE VARSITY COURSE. WHEN RETURNING TO THE SIGN THE MODIFIED RUN ACROSS THE TRAIN TRACKS AND FOLLOW THE SAME ENDING SEGMENT AS THE VARSITY. (1.5 MILES)