

2022 North Country Invitational  
Hosted by Norwood-Norfolk Central School

**Saturday, October 8<sup>th</sup>, 2022**

*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:  
-Medals to top 3 and ribbons for places 4-10 in all races.  
-Plaques to the top 2 teams in each race.

Entry Fee: High School/Middle School Races:  
\$90 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

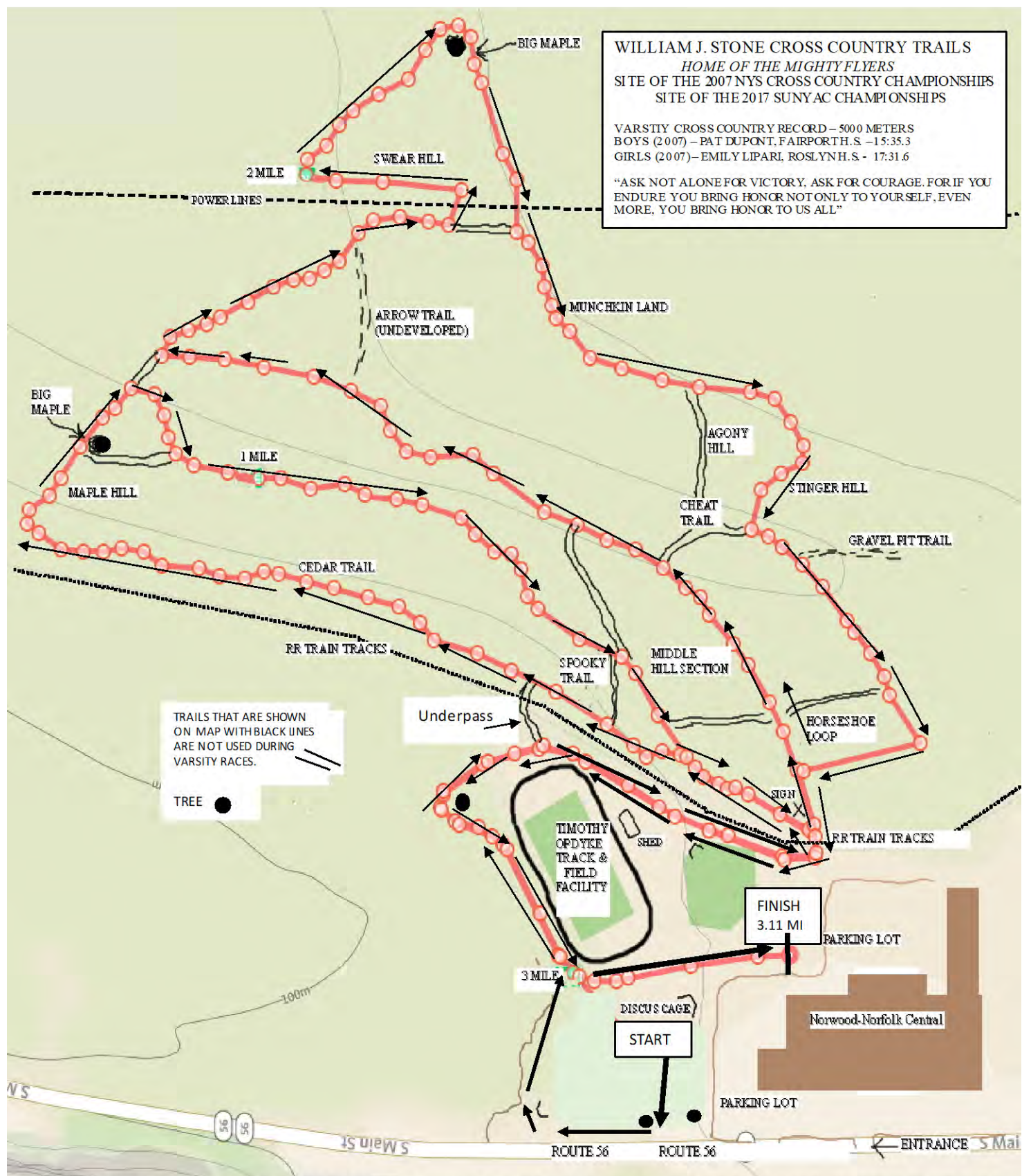
**Entries must be emailed to [kfetter@nncsk12.org](mailto:kfetter@nncsk12.org) no later than Friday, October 7 at noon.**

*Please include:* Coach's name and contact number  
School  
Athletes Last Name, First Name, Gender, Grade  
Level - Varsity or Modified

WILLIAM J. STONE CROSS COUNTRY TRAILS  
 HOME OF THE MIGHTY FLYERS  
 SITE OF THE 2007 NYS CROSS COUNTRY CHAMPIONSHIPS  
 SITE OF THE 2017 SUNYAC CHAMPIONSHIPS

VARSTIY CROSS COUNTRY RECORD - 5000 METERS  
 BOYS (2007) - PAT DUPONT, FAIRPORT H.S. - 15:35.3  
 GIRLS (2007) - EMILY LIPARI, ROSLYN H.S. - 17:31.6

"ASK NOT ALONE FOR VICTORY, ASK FOR COURAGE. FOR IF YOU  
 ENDURE YOU BRING HONOR NOT ONLY TO YOURSELF, EVEN  
 MORE, YOU BRING HONOR TO US ALL"



MODIFIED COURSE STARTS, GOES AROUND THE TRACK USES THE UNDERPASS 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)