



14TH ANNUAL RED DRAGON INVITATIONAL  
SATURDAY, SEPTEMBER 17TH, 2022  
LONG POINT STATE PARK  
BEMUS POINT, NEW YORK 14712



Come join us at the Red Dragon Invitational, a cross country run through the trails of our beautiful Long Point State Park. This course has a combination of flat and hilly terrain through trails and along Chautauqua Lake. The course starts uphill for the first mile before mile two, which is through wide trails with up and down hills. The final stretch of the race is flat, winding around Long Point on crushed gravel on a trail leading to the finish line. The modified course is a 2 mile race, basically the first and last mile of the varsity course with a cut off place in the middle that will be marked and flagged off. Concessions and t-shirts will be for sale. There will be awards for top team finishers and individual awards.

### **VARSITY RACES**

- Varsity boys and girls teams will be limited to a field of 10 runners.

### **JV AND MODIFIED RACES**

- Unlimited runners may participate.

Cost per school = \$100

Cost per individual = \$20

Make checks payable to: Bemus Point Track Club

Please send completed registration form along with payment to:

Red Dragon Invitational

PO Box 434

Bemus Point, NY, 14712

**Please complete the following registration forms and send in electronically or through mail by September 10, 2022 to secure a spot in this invitational (school registration form, boys form, girls form). The race will be timed by Trackqua. In addition to mailing in the form on this document with your payment, please register on Milesplit by September 10th:**

**[https://ny.milesplit.com/meets/496025-red-dragon-xc-invitational-2022#.Yv0Z\\_f\\_MK02](https://ny.milesplit.com/meets/496025-red-dragon-xc-invitational-2022#.Yv0Z_f_MK02)**

Any questions please email: [bzuroski@bemusptcsd.org](mailto:bzuroski@bemusptcsd.org)

### **SCHEDULE:**

8:30 Coaches' Meeting

9:00 Boys JV

9:30 Girls JV

10:00 Boys Varsity

10:30 Girls Varsity

11:00 Boys Modified Scrimmage

11:30 Girls Modified Scrimmage



Red Dragon Invitational 2022

Checks made payable to: Bemus Point Track Club

School Name	
School Address	
Head Coach	
Head Coach Email	
Telephone #	

Races Entering (indicate # of runners in each race)

Boys Varsity	
Girls Varsity	
Boys JV	
Girls JV	
Boys Modified	
Girls Modified	

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Office Use Only:

Paid \_\_\_\_\_

Check Number \_\_\_\_\_