## 13TH ANNUAL RED DRAGON INVITATIONAL FRIDAY, SEPTEMBER 17TH, 2021 LONG POINT STATE PARK BEMUS POINT, NEW YORK 14712

After our 2020 hiatus, we're back! 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 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 Fund

Please send completed registration form along with payment to: Red Dragon Invitational 3686 Westman Road Bemus Point, NY 14712

Please complete the following registration forms and send in electronically or through mail by September 10, 2021 to secure a spot in this invitational (school registration form, boys form, girls form). Please visit <a href="https://example.com/Athletic.net">Athletic.net</a> and input your runners into the correct races for timing purposes.

Any questions please email: bzuroski@bemusptcsd.org

## **SCHEDULE:**

1:30 Coaches' Meeting

2:00 Boys JV

2:30 Girls JV

3:00 Boys Varsity

3:30 Girls Varsity

4:00 Boys Modified Scrimmage

4:30 Girls Modified Scrimmage



| School Name  |           |                    |
|--|-----------|--------------------|
| School Address   |           |                    |
|  |           |                    |
| Head Coach   |           |                    |
| Head Coach Email   |           |                    |
| Telephone #  |           |                    |
|  |           |                    |
| Races Entering (indicate   | e # of ru | ners in each race) |
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| Races Entering (indicate   | e # of ru | ners in each race) |
| Races Entering (indicate   | e # of ru | ners in each race) |
| Races Entering (indicate<br>Boys Varsity<br>Girls Varsity            | e # of ru | ners in each race) |
| Races Entering (indicate<br>Boys Varsity<br>Girls Varsity<br>Boys JV | e # of ru | ners in each race) |

Office Use Only:

Paid \_\_\_\_

Check Number \_\_\_\_

Red Dragon Invitational 2021