



2023 Stock-Conwicke Cross Country Invitational



Hello, Coaches.

The Vestal and Union-Endicott School Districts invite you to the 63rd annual Sid Stock-Ted Conwicke Cross Country Invitational, which will be held **Saturday, October 7, 2023**.

The Course

The meet is held at Arnold Park on Andrews Rd in Vestal, NY. Our newly designed course takes you through open sport fields, rolling hills, technical climbs, and scenic wooded trails. Varsity and JV races will be 3.0 miles. Modified races will be 1.5 miles.

Race Schedule (subject to change based on number of entries)

9:00	— Coaches Meeting at the Finish Line	10:35	— Varsity Boys (top 7)
9:15	— Junior High Girls	11:05	— JV Boys
9:40	— Junior High Boys	11:45	— Team Awards at Pavilion # 1
10:00	— Varsity Girls (unlimited)		

Awards

Trophies for first and second place teams in all races.

T-Shirts for the top 10 runners in the varsity races, top 10 runners in the junior high races, and the top 5 runners in the junior varsity races (handed out in the finishing chute)

Ribbons for places 11-50 in varsity / junior high races and places 6-50 in junior varsity races (handed out in the finishing chute).

Amenities

We have food and beverage available at concessions as well as race t-shirts for sale. Park bathrooms and water fountains are centrally located.

Registration

Entry Fee: \$175.00 per school max – \$50.00 per race – or \$10.00 per runner

Please fill out this [Google Form](#) by **August 25** to let us know your intentions. In the final week in September, I will send out a roster sheet for you to complete and return.

Make checks payable to: **Vestal Running Bears**

Mail payment to: **Vestal Athletic Department / 205 Woodlawn Drive / Vestal, NY 13850**

We hope to hear from you soon.

Respectfully yours,

Stephen Marcin - Vestal Cross Country
(908) 797-5208 / sjmarcin@vestal.k12.ny.us