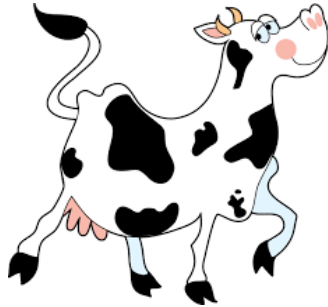


CATO-MERIDIAN CROSS COUNTRY INVITATIONAL 2018



Date: Saturday September 15, 2018

Time: 9:00 am

Location: Cato Meridian High School

Course: 5,000-meter trail race that includes: hills, woods, fields and a trail along a swamp. Modified course 1.8 with one hill and a “swamp” trail. The kids run is on part of the swamp trail.

Entry fee: One Team: \$75

Two or More: \$140

Individuals (up to 2 per school): \$12 per runner

Please **make checks payable to** & send entry fee to:

CM Cross Country Club c/o Donna Cappellano

2851 NYS Route

Cato, NY 13033

Commemorative T-Shirts will be on sale next to the blue concession stand.

AWARDS:

Individual race winners for varsity races will receive a homemade pie and cow bells.

Top 10 (Varsity & Modified) places receive T-Shirts

Top 50 finishers (for each race) will receive ribbons

Top teams will receive patches for first 7 runners

Open race and kids’ fun run will receive ribbons

Individual male and female receive homemade pie and patch

RACE SCHEDULE:

8:30 am	Open run	3.1 mile
8:40 am	Kids Fun Run 6-11 year olds	1/2 mile
9:00 am	Girls’ Modified race	1.8 miles
9:30am	Boys’ Modified race	1.8 miles
10:00 am	Girls’ Varsity Race	3.1 miles
10:40am	Boys’ Varsity Race	3.1 miles

1. Coaches can pick up the race packets in press box by the track.

2. Refreshments for coaches and are also in that room.
3. All varsity athletes may run in the varsity races.
4. All bibs should be worn on front of jerseys. Spikes are allowed in all races.
5. All races start on time and position on the start line is first come, first serve.
6. Concession stand will be open.

CM RUN ENTRY FORM 2018

School name _____
 Boys' Coach _____
 Phone: _____
 e-mail: _____

Girls' Coach: _____
 Phone: _____
 e-mail: _____

Please give an estimation of the number of runners per race. Please let us know by **Sept 5** if you are attending.

8:30 am	Open run	3.1 mile _____
8:40 am	Kids Fun Run 6-11 year olds	1/2 mile _____
9:00 am	Girls' Modified race	1.8 miles _____
9:30am	Boys' Modified race	1.8 miles _____
10:00 am	Girls' Varsity Race	3.1 miles _____
10:40am	Boys' Varsity Race	3.1 miles _____

You may email your entry form to dcappellano@catomeridian.org or rlubba@catomeridain.org

Please email us BY MONDAY September 10,2018 and give us a copy of your roster for each race.

Parking: Please drop athletes off at the high school entrance on Route 370. Buses may exit the traffic circle and reenter the HS and park in the back lot that is to the right of the HS. Additional parking is available further up the road in the middle school and elementary lots. Please do not park buses in front of the high school or in the fire lanes. The parking lot next to baseball fields on 370 will be reserved for spectator parking.

Driving directions

From the East: Driving from the Thruway, I-90, take Exit #39 for State Hwy 690 North toward Fulton merge onto Route 690W and go 5.5 miles. Take the Route 31E/Route 370W exit toward Baldwinsville for .3 miles. Turn RIGHT and travel West on Route 370 for 11 miles. The High School building is

located on the right, continue on .5 mile for the Elementary and Middle School buildings also on the right.

From the West: Driving from the Thruway, I-90, take Exit #40 for Route 34 toward Weedsport. Turn left onto Route 34 North and proceed for 8 miles. After entering the village of Cato, turn RIGHT onto Route 370/East Main St. Continue to follow Route 370 for 1.2 miles, the Elementary and Middle School buildings will be on the left, continue on for .5 mile to the High School building also on the left.

From the South: Driving from Auburn, take Route 34 North for approximately 17 miles. After entering the village of Cato, turn RIGHT onto Route 370/East Main St. Continue to follow Route 370 for 1.2 miles, the Elementary and Middle School buildings will be on the left, continue on .5 mile to the High School building also on the left.

From the North: Driving from Oswego, take Route 104 West for approximately 12.5 miles. Turn LEFT onto Route 34 and drive approximately 9.6 miles. After entering the village of Cato, turn LEFT onto Route 370/East Main St. Continue to follow Route 370 for 1.2 miles, the Elementary and Middle School buildings will be on the left, continue on for .5 mile to the High School building also on the left.