

7th ANNUAL RED DRAGON INVITATIONAL

Long Point State Park, Bemus Point, NY

Saturday, September 13, 2014

Kick off your school's cross-country competition with a true cross-country run through beautiful Long Point State Park on Chautauqua Lake. Home of the Annual Chaut. Catt. Counties X-C Championships and the site of the **2006 & 1013 Section 6 State Qualifying Meets.** The 5000 meter course (3200 meter modified) is a combination of woodland trails, and rolling lakeside lawn. There are modest hills in this heavily shaded and fast course. Spikes are advisable for the course. Facilities, including showers, will be available as well as picnic facilities for teams that bring supplies. Refreshments and commemorative shirts will also be available.

Competition will be split into large and small schools for Varsity Teams. There will be awards for top team and individual finishers. Varsity Teams limited to **10 runners per team**. Cost per team (covers both boys and girls) is \$80.00. Please submit the attached completed form and voucher/payment, payable to "Bemus Point Track Fund", c/o **Doc Rappole, Bemus Point Central School, Dutch Hollow Road, Bemus Point, NY 14712**, by September 6th, 2014 to insure a spot in this competition. If you have any questions, contact "doc"Rappole at (716) 665-0778 or by E-Mail -mghsdoc@gmail.com . Submit intent to participate via E-mail as soon as possible! **Please complete the roster of varsity runners so that numbers can be assigned to each runner. Changes to the roster can be made on the morning of the race!**

Schedule: *Course will be open from 8am until race time!*

Please note time changes to accommodate the Northern Schools !!!!!

9:15a.m.	Coach's Meeting
9:45	JV Girls Combined
10:15	JV Boys Combined
10:45	Girls Varsity B
11:15	Girls Varsity A
11:45	Boys Varsity B
12:15	Boys Varsity A
12:45	Girls Modified Scrimmage
1:15	Boys Modified Scrimmage

Please title and reprint page to list all runners for each race!

Team Name: _____

Approximate Enrollment grades 9-12 _____

Check where applicable:

Boys Varsity ____ Girls Varsity ____ J.V. ____ Modified ____

Coach's name: _____

Address: _____

Tel. number: (____) _____

E-Mail: _____

Roster needed for all contestants: Modified, JV, and Varsity.

Varsity Roster limited to 10

Boys

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Girls

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____