

5th Annual 7th-8th-Var B Cardinal Challenge Cross-Country Invitational

Newark Valley Central School District
68 Wilson Creek Road, Newark Valley, NY 13811
Tuesday, October 21, 2014



The Newark Valley Cross-Country program invites you to join us for the 5th Annual **Cardinal Challenge**, sponsored by the Newark Valley Varsity Club. This is a fun event that gives Var B teams a chance to shine on their own and the Modified athletes a chance to compete against their grade peers. We hope that you can join us at the **Challenge**.

Some details about our course: fairly flat, with a few rises and, approximately mid-way through for all races, one significant hill. It is well-groomed and has wide avenues for running. The course is 3.1 miles in length for the Varsity B races and 1.6 miles for the Modified races.

Schedule: 3:55 - Coaches meeting

4:15 - 7th gr. Girls Run

4:25 - 7th gr. Boys Run

4:35 - Varsity B Girls Run

5:00 - 8th gr. Boys Run

5:10 - 8th gr. Girls Run

5:20 - Varsity B Boys Run

6:00 - Awards Ceremony

Deadlines: Please have the **Intention to Enter Form** to us no later than **Monday, October 6, 2014**.

We will be using **Sydex** for the official entries, which need to be submitted on or before **Friday, October 17th by 6:30 pm**. Please do your very best to input all your entries by the **6:30** deadline on October 17th, as it takes time to set up the meet given our team scoring divisions, and you really don't want me to have to call you ☺.

Fee: \$20.00 per team race OR \$10.00 per individual runner OR \$100.00 maximum for all 6 races.

Awards: **Modified:** **Individual:** Each finishing Modified athlete will receive a ribbon and a participation award (as is permitted by NYSPHSAA).

Team - 7th Gr.: A plaque to the top Large (Class A / B) and Small School (Class C / D).

Team - 8th Gr.: A plaque to the top Large (Class A / B) and Small School (Class C / D).

Var B: **Individual:** Medals to top 10 and a ribbon for all others.

Team: A plaque to the 1st and 2nd place Large (Class A / B) and Small School (Class C / D).

7th & 8th Grade Race Details:

Since this invitational is splitting your modified teams into grade levels, we will not follow traditional scoring rules. Team scores will be determined adding up your first three runners (not five) across the line. All other cross country rules will remain the same. There is no limit to the number of runners in each race, but only the top three finishers will be scored, with the 4th and 5th runners' placings used to break ties.

Your athletes **MUST** be placed into their grade-level race. The **ONLY** exception to this rule is if you need one 7th grade runner to move up to the 8th grade race to make a complete team of 3 for your 8th grade team. 8th graders will not be allowed to run down in the 7th grade race.

Varsity B Race Details:

We purposefully did not include Varsity A races for this meet to allow those athletes rest days for the upcoming championship season. So, please make sure runners entered in this race are not regular top 4-5 Varsity A scorers.

Other Meet Details:

There will be a brief awards ceremony at the end of the meet (outdoors weather-permitting, or in the Multi-Purpose room of the High School if weather is poor) for team awards and recognition of the top ten in each race. Individual awards will be given out at the finish line.

Locker Room facilities are available in the high school. The Cardinal Booster Club will be operating their Concession Stand throughout the meet. Long and short-sleeve T-shirts will be available as well.

No spikes may be worn in the building. Use only the designated areas, as any runner caught wandering the building will be disqualified with their entire team.

Buses must park in the diagonal slots in the front of the High School. Please do not arrive prior to 2:38, as our school does not dismiss until 2:30 and buses do not depart until 2:38. Thank you.

If you have any questions, please contact Coach Brian Trippany at btrippany@nvcs.stier.org (607-743-0782).

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Intention To Enter Form

Name of School _____

School Address _____

Coach(es) Name(s) _____

Best phone number _____ Best phone number _____

Email _____ Email _____

Check if entering this race

Race

Approximate # of athletes

_____	7 th Grade Boys	_____
_____	7 th Grade Girls	_____
_____	8 th Grade Boys	_____
_____	8 th Grade Girls	_____
_____	Var B Boys	_____
_____	Var B Girls	_____

**Fee: \$20.00 per team race (a “team” is 3 for the 7th or 8th grade races, or 5 for Var B races) OR
\$10.00 per individual runner OR
\$100.00 maximum amount per school for all 6 races
(You may use whichever combination of fees that make it most cost-effective for you)**

Please make your check payable to: Newark Valley Varsity Club, and mail it, along with the completed entry form, to:

**Sharon Mullins - AD
Newark Valley High School
P.O. Box 547, 68 Wilson Creek Rd.
Newark Valley, N.Y. 13811**

Note for IAC Schools:

Any IAC school entering any of the Newark Valley XC Invites can opt to have their AD notify Mason Morenus to transfer the entry fee from their schools' IAC account to Newark Valley's. Mason will then write one check for all the IAC schools to the Newark Valley Varsity Club to cover the entry fees of the IAC schools. Please have your Athletic Director notify Mason and when you return this entry form to Sharon Mullins, just state that payment will be made via an IAC transfer.

Also, if you could, please email this page of the estimated number of runners for each race filled in to: btrippany@nvcs.stier.org. It is very helpful to us to have this information as soon as is possible. Thank you.