



# JFK XC INVITE

SATURDAY, SEPTEMBER 6, 2008



Come join us for the first annual JFK XC Invite. We have created this season opening meet to give athletes the chance to open their season on a well groomed 4k or 2.5 mile course. The course was also designed to be very coach and spectator friendly. Our central location in the middle of Erie County gives most Section 6 teams travel times of under 1 hour and our proximity to the I-90 makes out of town travel a breeze. If you need any additional information please feel free to contact me with any questions. Hope to see you on the 6th.

Eric Czubaj  
JFK Boy's XC Coach  
716.896.4618  
eric@wfathletics.com

**LOCATION:** John F. Kennedy High School  
305 Cayuga Creek Rd.  
Cheektowaga, NY 14227

**DIRECTIONS: From North/East:**  
90 West to William St., Right on William .3 mile  
Left on Henry, leads into school parking lot.  
**From South/West:**  
90 East to William Street, Left on William .3 miles  
Left on Henry, leads into school parking lot.

**SCHEDULE:** 12:00 - JV Girl's  
12:30 - JV Boy's  
1:00 - Varsity Girl's  
1:30 - Varsity Boy's

**COURSE:** 4km/2.5 Miles Flat Grass/Groomed Trails (Map Attached)

**AWARDS:** **Individual:** T-shirts to top 30 finishers in each Varsity Race  
T-shirts to top 20 finishers in each JV Race

**Team:** Awards to top 3 teams in each Varsity Race

**ENTRY FEE:** ALL entry fees should be paid before the day of competition. Please be sure your athletic office understands and is timely with payment.

- \$95 for both boys and girls teams (JV & Varsity included)
- \$60 for either boys or girls teams (JV & Varsity included)
- \$20 per JV/Varsity individual (2 runners or less)

Please send Check/Voucher to:

JFK Cross Country  
c/o Eric Czubaj  
305 Cayuga Creek Rd.  
Cheektowaga, NY 14227

\*\*\*Make checks payable to: **JFK Cross Country**

**Please** email your intentions on participating to [eric@wfathletics.com](mailto:eric@wfathletics.com) on or before Tuesday September 2nd. Include races your team/individuals will be participating in.

**RACE INFO:** Varsity Races will be limited to 7 individuals on each team, JV races will have unlimited entries. Place cards will be issued to runners as they proceed through the finishing chute and will be collected, completed and returned to the scorers table ASAP following the race. Team scores will be completed ASAP and Team and Individual Results will be posted on the internet following the meet.

**COURSE MAP:** See course map attached. Course is subject to minor changes but will be set at 4000m. A map with exact distance markings will be provided in team packets on meet day.

**CONCESSIONS:** There will be a concession stand with food, drinks, and snacks available.

# JFK Cross Country Invite

## 4km/2.5 Mile Course

- ..... Mile 1
- - - - - Mile 2
- · - · - Mile 2-2.5

