

**21st ANNUAL PENFIELD-IRONDEQUOIT  
CROSS COUNTRY INVITATIONAL  
FRIDAY OCTOBER 3<sup>rd</sup>, 2008  
HARRIS WHALEN PARK  
4:10 PM**

**MEET DIRECTORS**

**DAVID HENNESSEY-PENFIELD H.S. -(HOME 585-334-6323)**

**MATT TYTLER – IRONDEQUOIT H.S.**

**RAY MANUSZAK – HONARARY MEET DIRECTOR**

**ORDER OF EVENTS**

**TIME EVENT INDIVIDUAL AWARDS TEAM AWARDS**

**4:10 P.M. MODIFIED GIRLS MEDALS 1 – 15, RIBBONS TO ALL/ TEAM AWARDS 1 – 3.**

**4:25 P.M. MODIFIED BOYS MEDALS 1 – 15, RIBBONS TO ALL/ TEAM AWARDS 1 – 3.**

**4:45 P.M. VARSITY GIRLS TROPHIES 1-5//MEDALS 6-30// RIBBONS TO ALL/ TEAM AWARDS 1ST THRU 5TH PLACE**

**5:15 P.M VARSITY BOYS TROPHIES 1-5//MEDALS 6-30// RIBBONS TO ALL/ TEAM AWARDS 1ST THRU 5TH PLACE**

**5:44 P.M. BOYS VARSITY ‘B’ MEDALS 1-15// RIBBONS TO ALL/ TEAM AWARDS 1ST THRU 3RD PLACE**

**5:45 P.M. GIRLS VARSITY ‘B’ MEDALS 1-15// RIBBONS TO ALL/ TEAM aWARDS 1ST THRU 3RD PLACE – GIRLS WILL START 1 MINUTE AFTER THE BOYS**

**6:20 P.M. TEAM AWARDS**

**T - SHIRTS : BOTH LONG SLEEVE AND SHORT SLEEVE SHIRTS WILL BE AVAILABLE**

**THERE WILL BE A CONCESSION STAND**

**IMPORTANT INFORMATION**

**1. [www.yentiming.com](http://www.yentiming.com) is providing the online entry of rosters for all the races. Name, grade, and sex is all that is needed. Please submit the roster by Tuesday, September 30. Athletes will be assigned a race number, please make sure that athlete is wearing the correct number. If you are competing in the McQuaid Invitational, the same roster will do. Please select the athletes who you think will be running on October 3. Coaches contact Coach Yen for a password.**

**2. ONLY TOP 7 IN VARSITY RACE; UNLIMITED RUNNERS IN OTHER RACES!!**

**3. THE MODIFIED RACE IS 1 MILE AND HALF. MODIFIED ATHLETES MAY NOT WEAR SPIKES.**

**4. BUSES AND SCHOOL VANS MUST DROP ATHLETES OFF AND PARK AT PENFIELD HIGH SCHOOL OR IN THE TOP PARKING LOT.**

**ENTRY FEES:**

**\$ 115.00 PER SCHOOL (MAXIMUM FOR ALL RACES)**

**\$ 35.00 PER TEAM**

**\$ 10.00 PER INDIVIDUALS**

**21st ANNUAL PENFIELD – IRONDEQUOIT INVITATIONAL**  
**OFFICIAL ENTRY FOR : \_\_\_\_\_ ( SCHOOL)**

**PLEASE SEND THIS ENTRY BY TUESDAY September 30, 2008**

**COACH DAVID HENNESSEY  
PENFIELD HIGH SCHOOL  
25 HIGH SCHOOL DRIVE  
PENFIELD, NEW YORK 14526**

**OR**

**EMAIL- [dhenness@rochester.rr.com](mailto:dhenness@rochester.rr.com)  
HOME PHONE – 585- 334-6323**

**PLEASE SEND CHECKS OR VOUCHERS TO:  
“PENFIELD CROSS COUNTRY BOOSTER CLUB”**

**ATTENTION DAVID HENNESSEY  
PENFIELD HIGH SCHOOL  
25 HIGH SCHOOL DRIVE  
PENFIELD, NEW YORK 14526**

**\$115.00 MAXIMUM \_\_\_\_\_**

**OR**

**\$35.00 PER RACE \_\_\_\_\_**

**\$10.00 PER INDIVIDUAL \_\_\_\_\_**

**TOTAL \_\_\_\_\_**

To help prepare finish line cards, please let us know what races you are entering.

MODIFIED GIRLS \_\_\_\_\_ NUMBER IF POSSIBLE \_\_\_\_\_

MODIFIED BOYS \_\_\_\_\_ NUMBER IF POSSIBLE \_\_\_\_\_

(MAX 7) VARSITY GIRLS \_\_\_\_\_ NUMBER IF POSSIBLE \_\_\_\_\_

(MAX 7) VARSITY BOYS \_\_\_\_\_ NUMBER IF POSSIBLE \_\_\_\_\_

VAR. ‘B’ BOYS \_\_\_\_\_ NUMBER IF POSSIBLE \_\_\_\_\_

VAR. ‘B’ GIRLS \_\_\_\_\_ NUMBER IF POSSIBLE \_\_\_\_\_

**Varsity Coaches, please submit your rosters to [www.yentiming.com](http://www.yentiming.com) by September 30**

**Coaches need to contact Coach Yen for a password.**

Modified coaches **NEED** to submit their rosters.