

Tom Knipfing Memorial Cross Country Invitational
Formerly the PAL XC Meet
Sponsored by the Shoreham-Wading River XC Teams
Friday October 2, 2009
Firemen's Field, Ridge NY

4:00 Girls Freshman (1.63) miles
4:20 Boys Freshman (1.63) miles
4:35 Girls AA, A 5000m
5:10 Boys AA, A 5000m
5:35 Girls B, C, D 5000m
6:10 Boys B,C, D 5000m

Awards: Tee Shirts to all finishers,
Medals to the top 25 in each race
Team Awards to the top 6 in each race.

Course: Flat and fast. 60% pavement, 40% grass.

Fee: \$100 per team (Boys and Girls are separate teams)
Or \$20 per individual.

Make Checks Payable to "Wildcat Athletic Club"

Mail to Paul Koretzki

81 Mahogany Rd

Rocky Point, New York 11778

Notes: All members of your team run together in each race.
Your roster is your team.

Directions: Firemen's Field is a Town of Brookhaven park located
on Route 25 in Ridge. It is approximately one mile east
of William Floyd Parkway on your left hand side.
From the East it is approximately one mile west of
Calverton National Cemetery on your right hand side.
Please enter the parks main enterence. Bathrooms will
be open.

School_____ Boys Coach_____

School Phone_____ Girls Coach_____

Number of Boys_____

Number of Girls_____

Contact Number_____

Girls Team \$100.00_____

Boys Team \$100.00_____

Girls Individual _____ @ \$20.00=_____

Boys Individual_____ @ \$20.00=_____

Total_____

Check payable to “Wildcat Athletic Club”

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