**SITE:** Allegany Limestone High School Campus

**SPONSORED BY:** Allegany Limestone Central School

**COURSE:** Varsity/JV - 3.1 mile course is grass with some hills

Junior High – 1.6 miles course is grass with some hills

**RACES:** 7 races: 4 Varsity, 1 Junior Varsity Boys, 2 Junior High

Your school will be placed into the Small or Large division according to size. The enrollment size for each division will be determined after all entries have been received to ensure that the division results in approximately even race sizes. I will email the team list for each race to all teams that I have received entries and email addresses from. You may choose to run up, but not

down.

**Varsity boys races are limited to 8 runners per team** – only 7 score.

Varsity girls races are unlimited entries.

Jr. High races are for ONLY 7<sup>th</sup> and 8<sup>th</sup> grade runners.

Jr. High Runners cannot wear spikes in NY state.

STARTING TIME: 10:00 AM

**SCORING:** We will use computer scoring for **ALL** races with a color coded card

system as a backup. All athletes will wear numbers this year to aid in

scoring. Please get your cards in as soon as possible.

Complete invitational results will be available after the event at

www.alcsny.org/Page/683 and www.section6runs.com

**AWARDS:** Individual: 1-30 Varsity

1-20 Junior Varsity

Team: 1-3 Varsity

1 – 2 Junior Varsity1 Junior High

Joe Paterniti Memorial Award for the top male and female runner.

Teams are responsible for picking up their team awards.

**T-SHIRTS:** Southern Tier Classic T-shirts designed by **Studio 4 East** will be available

for a very reasonable price.

**CONCESSION** There will be a concession stand for you and your team's convenience.

**STAND:** We will again provide an early morning snack for coaches. Enjoy!!

**ENTRY:** Entry and fees are due Friday, September 27, 2013

\$80 per school; \$40 per varsity race

Checks and claim forms to:

Allegany-Limestone High School Kathy Stamets, Meet Director 3131 Five Mile Road Allegany, NY 14706

Enter by e-mail: kstamets@alscny.org

Please provide all information from the entry sheet.

Work phone: 716 - 375 - 6600; ext 2229

Home phone: 585 - 268 - 9110Cell Phone: 716 - 498 - 8615

**ROSTER:** Your roster will need to be submitted online again this year.

Online registration opens on August 26 and will remain open until

Wednesday, October 2, 2013 at 10:00 PM

The website for registration is:

http://ny.milesplit.com/meets/150663-southern-tier-classic-xc-invitational

If you have not used Milesplit before, you will need to "claim your team" before being able to register for the meet. After claiming your team, you will need to wait for confirmation from Milesplit to register. This may take up to 12 hours.

The following link will walk you through all of the steps to get your team registered and your roster entered:

http://www.milesplit.us/pages/Online\_Meet\_Reg\_Instructions

If coming from the North on Route 16, take Route 86 West and follow the from the east.

If coming from the east, take exit 25 off of Route 86. At the end of the ramp turn right onto Buffalo Road. Follow this road to a stop sign. At the stop sign, turn right. The school is on the left less than a mile down the road.

If coming from the west, take exit 24 off of Route 86. At the end of the ramp turn left. There will be signs for the school along this road. You will take the third right onto Chapin Cross Road. Then at the stop sign, turn left. The school is on the left less than a mile down the road.

**Lavatories:** There will be indoor restroom facilities this year!!!

**Directions:** 

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#### **RACE ORDER**

RACE	TIME	RUNNERS
1	10:00 AM	Junior High Boys
2	10:25 AM	Junior High Girls
3	10:50 AM	JV Boys
4	11:25 AM	Varsity Girls Large
5	12:00 PM	Varsity Girls Small
6	12:35 PM	Varsity Boys Large
7	1:05 PM	Varsity Boys Small

Entry Form
School
Address
City Zip
Coach(es)
Head Coach's Phone
School Phone
Coach's e-mail
Enrollment (9 – 11) Boys Girls
OR Total
Please estimate the number of runners for each race you plan to enterTHIS MUST BE COMPLETED!
Boys VarsityBoys JV
Boys Jr. HighGirls Jr. High
Total Amount Due:

Entry and Fee are due Friday, September 27, 2013.

\$80 per school; \$40 per varsity race Checks and claim forms to: Allegany-Limestone High School Kathy Stamets, Meet Director 3131 Five Mile Road Allegany, NY 14706