

8th Annual Wayne-Finger Lakes Coaches' “EARLY SEASON SCRAMBLE”

Here's a chance to run your team in an early season, non-traditional, low-key format!

DATE: Saturday September 7th, 2013 --- 10AM Start

PLACE: Macedon, NY (Bullis Park) hosted by Pal-Mac

COURSE: 5000m, mostly grass and wooded trails. 5000m course, spikes recommended.

COST: Part of WFL Dues -or- \$95 per School (This allows entry to both girls & boys race's)

AWARDS: T-Shirts to Top 10 in each division - **80 shirts will be handed out**
Ribbons to 1-50 in each race, Plaque to Fastest Male/Female Runner of the Day

- All ribbons will be handed out in the chute.
- Top 10 Shirts can be picked up immediately after the race.
- Each runner will be handed an index card that they will turn in to receive their shirt.

NO TEAM SCORING!

Divisions: *Large schools 10-12 (350 and above) *Small Schools 10-12 (349 and under)

ORDER of EVENTS:

9:00-10:00 Tour course –pick up race packet

10:00 girl's frosh/soph race (both divisions, 5k)

10:40 boy's frosh/soph race (both divisions, 5k)

11:20 girl's junior/senior race (both divisions, 5k)

12:00 boy's junior/senior race (both divisions, 5k)

Athlete Entry, Timing & Results:

Entries will be done online through your team account (male / female) at www.yentiming.com by **Thursday September 5th 8:00pm**. Simply Login and enter your roster for this meet. A bar coded label will be printed for each runner's pull tag.

Checks payable to: **FLHSAA (Finger Lakes High School Athletic Association)**

Send voucher/payment to: Carol Davis - FLHSAA Treasurer
Geneva High School 101 Carter Road
Geneva, NY 14456

SEND YOUR INTENT BY E-MAIL TO: Paul Pfeiffer/ W-FL XC Chairman
ppfeiffer@marioncs.org