# 2025- 47th FORT PLAIN CROSS COUNTRY INVITATIONAL

## Site: H.H. Hoag Elementary School & Sports Complex *Date: SATURDAY, OCTOBER 18, 2025*

**Races, Distances, Times, etc. – Fast course with one (1) hill and spectator friendly!**

 8:45 am. Coaches Meeting at the starting area

 **9:00 am.** **Boys Modified (~ 1.7 miles) Separate chute\*\***

 **\*9:01am. Girls Modified (~ 1.7 miles) Separate chute\*\***

 **9:30 am. Varsity Girls - Division I- Small Schools (3 miles)- ½ of the schools entered**

 **10:00 am. Varsity Girls - Division II- Large Schools (3 miles)- ½ of the schools entered**

 **10:30 am. Varsity Boys - Division I- Small Schools (3 miles)- ½ of the schools entered**

 **11:00 am. Varsity Boys - Division II - Large Schools (3 miles)- ½ of the schools entered**

 **11:30 am. Junior Varsity- Boys- (3 miles) Separate chute**

 **\*11:31 am. Junior Varsity- Girls- (3 miles) Separate chute**

***\* Girls Modified and JV girls will be started 1 minute after the boys start!* There is a potential conflict in Wiles Park in the afternoon.**

 **ENTRIES:** No team may enter in any other race unless you have a varsity team entry\*\*. Varsity races are limited to 7 runners while other races may have unlimited entries. Your top 5 runners will score & your top 7 will displace other runners. **REMINDER: SCHOOL ISSUED UNIFORMS ONLY AND THEY MUST BE ALIKE! \*\*{NEW- you may enter modified runners only without entering any other races!}**

***We will be using the MILE SPLIT NY website. Go to http://ny.milesplit.com. Many of you have used this for XC or track. If you do not have an account, then you must create one. {Roster changes/additions may be made the day of the race.} ROSTERS DUE BY 10/15/2025.***

***EMAIL:*** ***charlie.karker@fortplain.org*** ***(S) Fax: 518-993-2897; (H) 518-993-3218; © 518 448-4141(New)***

## AWARDS\*\*: Individual: Modified Girls & Boys- Medals #1-25- each race; Ribbons #26-40 (each)

 J.V. Girls & Boys- Medals #1-25- each race; Ribbons #26-40 (each)

 Varsity Girls & Boys- Medals #1-25- each race; Ribbons #26-50

 **Team:** Modified Girls & Boys, and J.V. Girls & Boys- Plaques/Trophies for 1st and 2nd place teams.

 Varsity Girls and Varsity Boys- Plaques/Trophies for 1st, 2nd, and 3rd place teams.

 \*\***THESE DEPEND ON # OF ENTRIES!**

 **Additional Information:** 1) Tech t-shirts will be for sale

 2) Concession stand will be open w/ a variety of food & drinks

 3) Port-a-johns will be available

 4) Winning Varsity teams will be awarded **Meet Champion** **T-shirts (Coach also!)**

 \*\*\*\*\* **Please plan your travel accordingly –Construction - Fog; etc. \*\*\*\*\***

**ENTRY FEE:**  ***$160.00 per school or $80.00/ Girl entry or $80.00/ Boy entry*.** **Send checks or vouchers to: *FORT PLAIN CC & T-F ATHLETICS***

 **FORT PLAIN CENTRAL SCHOOL**

 **25 HIGH STREET**

 **FORT PLAIN, N.Y. 13339-1365**

**Please detach and return to the above address whether you are attending or not ASAP!!!! Thank you!**

**OR Email me at:** **charlie.karker@fortplain.org**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\_\_\_\_\_We will attend Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_We will not attend Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone :( W) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (C) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**