

Dear Fellow Cross Country Coaches,

I am looking forward to a cross country season that looks and feels more normal this coming fall! As you plan your race schedule, I hope you consider bringing your team to the Springstead Invitational.

**EDWIN SPRINGSTEAD CROSS-COUNTRY INVITATIONAL (HOSTED BY SHAKER HIGH SCHOOL AND COLONIE HIGH SCHOOL CROSS COUNTRY TEAMS)**

**\*Recently Revised Date\* FRIDAY SEPTEMBER 10, 2021**

**NEW MEET LOCATION:** CROSSINGS PARK OF COLONIE

**COURSE:** SOME ELEVATION CHANGES, BUT MOSTLY FLAT AND FAST. ALMOST ENTIRELY GRASS, SPIKES ARE RECOMMENDED. THE VARSITY AND JV COURSE IS RELATIVELY SHORT; PERFECT FOR AN EARLY SEASON RACE! PLUS IT WOULD MAKE FOR A GREAT FIRST INVITATIONAL FOR A MODIFIED TEAM!

VARSAITY/JV: 2.50 MILES

FROSH: 1.57 MILES

MODIFIED: 1.0 MILE

**ENTRIES:** EACH SCHOOL MAY ENTER ONE TEAM OF SEVEN (7) RUNNERS IN THE VARSITY RACE WITH UNLIMITED ENTRIES IN THE JUNIOR VARSITY, FROSH, AND MODIFIED RACES. WE WILL LIKELY BE USING **MILESPLIT NY** TO REGISTER TEAMS AND ATHLETES. MORE DETAILS TO FOLLOW.

**ENTRY FEES:**

VARSAITY BOYS AND GIRLS RACES - \$40.00 PER TEAM/GENDER (7 RUNNERS)

J.V. BOYS AND GIRLS RACES - \$30.00 PER TEAM/GENDER (UNLIMITED)

FRESHMAN BOYS AND GIRLS RACES - \$30.00 PER TEAM/GENDER (UNLIMITED)

MODIFIED BOYS AND GIRLS RACES - \$30.00 PER TEAM/GENDER (UNLIMITED)

**MAXIMUM ENTRY FEE - \$180.00 PER SCHOOL**

**\*\*\*CHECKS SHOULD BE MADE OUT TO: "SHAKER BOOSTER CLUB"\*\*\***

MAIL **CHECKS/INVOICES** TO:

COACH KEITH WEISS, MEET DIRECTOR  
SHAKER HIGH SCHOOL ATHLETIC OFFICE  
445 WATERVLIET-SHAKER ROAD  
LATHAM, NEW YORK 12110.

**TENTATIVE MEET SCHEDULE:**

4:00 PM: JV GIRLS RACE

4:25 PM: JV BOYS RACE

4:45 AM: MODIFIED GIRLS RACE

4:50 PM: MODIFIED BOYS RACE

5:00 PM: FRESHMAN GIRLS RACE

5:10 PM: FRESHMAN BOYS RACE

5:30 PM: VARSITY GIRLS RACE

6:00 PM: VARSITY BOYS RACE

**AWARDS:** WE PLAN TO HONOR MANY INDIVIDUALS AND THE WINNING/ RUNNER-UP TEAMS WITH AN AWARDS CEREMONY FOLLOWING THE VARSITY BOYS RACE.

**CONCESSIONS:** WE WILL HAVE A CONCESSION STAND FOR DRINKS AND SNACKS, AND ADIRONDACK KETTLE KORN WILL BE THERE TO OFFER POPCORN AND LEMONADE!

Please let me know if you are interested in participating. Also, let me know if you think that you would bring a modified team.

I hope to see many of you soon. Meanwhile, all the best!

Coach Keith Weiss  
Shaker Girls Cross Country  
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