

**10<sup>th</sup> Annual South Glens Falls  
John Killian "K-DAWG"  
Memorial XC Invitational  
Saturday, September 30, 2023  
Moreau Recreational Park, South  
Glens Falls, NY**



**Location:** Moreau Recreational Park, South Glens Falls, NY

**Directions From Interstate 87 Exit 17N:** (map included – Last Page)

**Course:** Flat, open fields, wooded trails, and a fast 3 Mile course- very spectator friendly

**Timing:** Timing done by Underdog Race Timing - **New this year- we will be going to chip timing!**

**Entry Fee:**

- **\$150.00 per one team; \$225.00 for both boys and girls teams.**

**Concession Stand:** Refreshments, food, and t-shirts (\$20) will be sold.

**Team/Scoring: ENTRIES:** Varsity races are limited to 7 runners while other races may have unlimited entries. Your top 5 will score and your top 7 will displace other runners.

**Awards:** Individual medals will be handed out in the chute at the conclusion of each race. Medals will be given to the top 25 in each race. Team Trophies (1<sup>st</sup> – 3<sup>rd</sup> places) will be able to be picked up upon completion of team scoring at the shirt sale tent. Varsity Champions t-shirt for first place team (7 shirts).

**Tentative Race Schedule:** Racing will start at 9:00 am. Race schedule will be determined based on the number of teams registered. We will email the final race schedule on September 23rd - after the entry deadline.

**Tentative Race Schedule:**

**9:00- Modified Girls** (*Unlimited entry*) (1.3 miles)

**9:25- Modified Boys**(*Unlimited entry*) (1.3 miles)

**9:50- JV Girls** (*Unlimited entry*) (3.00 miles)

**10:30-JV Boys**(*Unlimited entry*) (3.00 miles)

**11:00-Varsity Girls** (*7 team member limit*) (3.00 miles)

**11:30-Varsity Boys** (*7 team member limit*) (3.00 miles)

**Contact Information:**

Maria Whitney, South Glens Falls Girls XC Head Coach

CELL # 518-307-8263 (call or text)

Email: whitneym@sgfcsd.org

Make checks or school vouchers payable to: **South Glens Falls Booster Club**

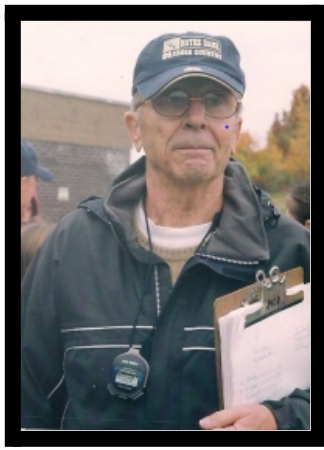
**Send to:** Matt Griep-Athletic Director

South Glens Falls High School

42 Merritt Rd

South Glens Falls, NY 12803

**Entry/Roster Deadline: Rosters Entered at [www.milesplit.com](http://www.milesplit.com) by Wed. Sept. 27, 2023**



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**Entry Form**

**Checks or School vouchers made payable to:  
South Glens Falls Booster Club**

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- \$150.00 per one team; \$225.00 for both boys and girls teams

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

**School Classification** \_\_\_\_\_

**Coach (girls)** \_\_\_\_\_

**Coach (boys)** \_\_\_\_\_

**School phone** \_\_\_\_\_

**Home or cell phone** \_\_\_\_\_

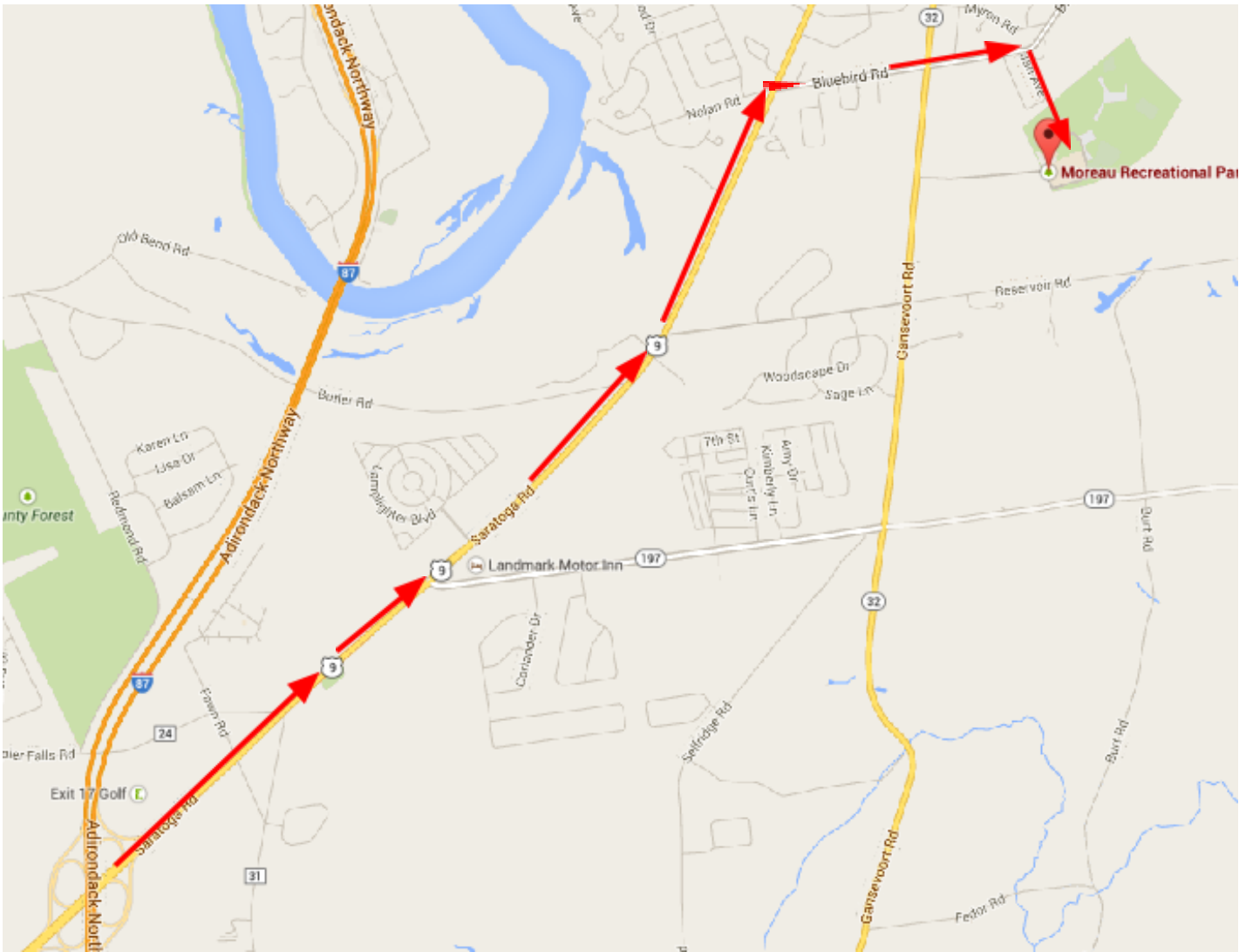
**Fax #** \_\_\_\_\_

**Email address** \_\_\_\_\_

**Send to:**

Matt Griep- Athletic Director  
South Glens Falls High School  
42 Merritt Rd  
South Glens Falls, NY 12803

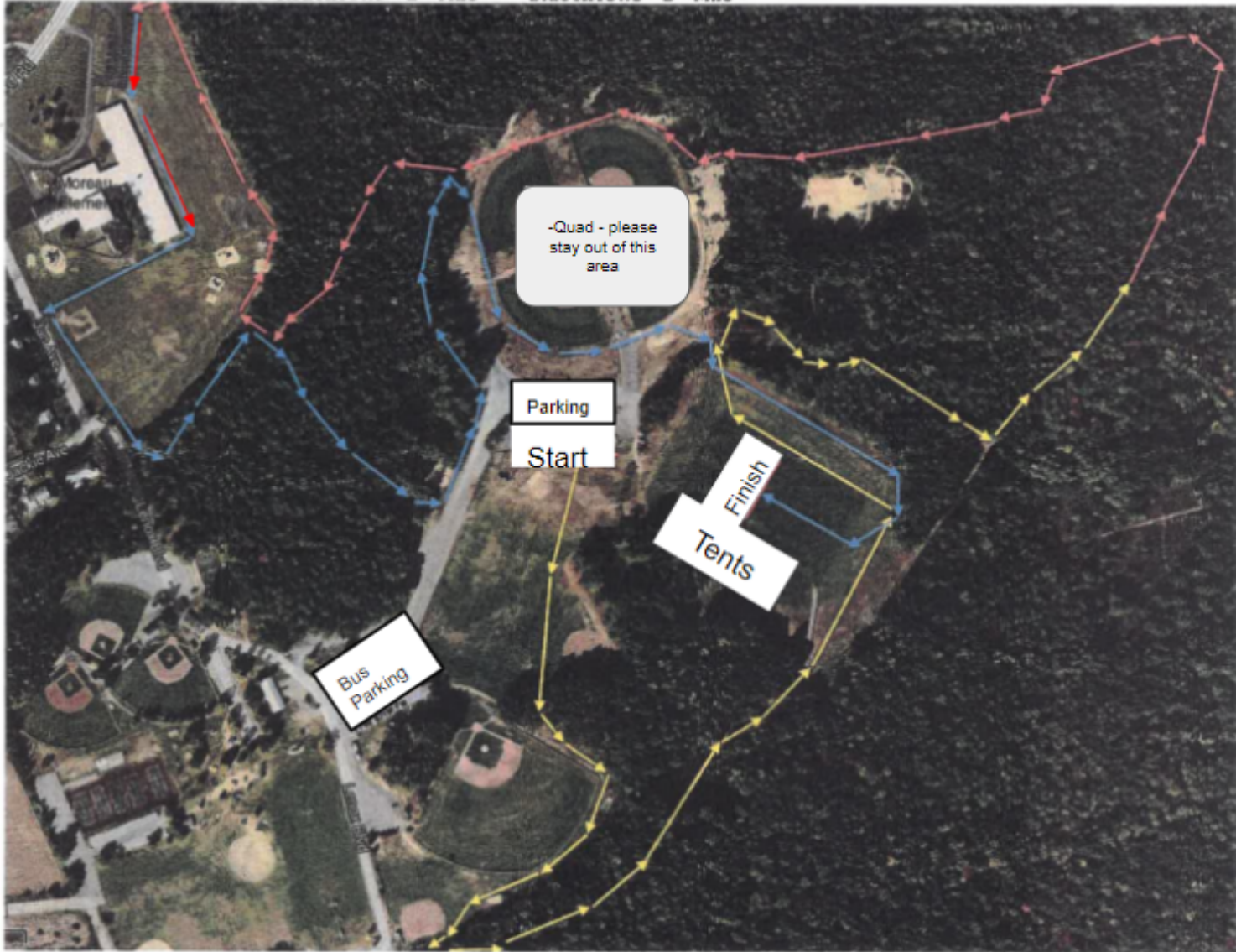
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**Directions From Interstate 87 Exit 17N:** Take exit 17N from Interstate 87 (Adirondack Northway) to merge onto U.S. 9 N/Saratoga Road toward South Glens Falls. Continue to follow U.S. 9 N for approximately 3.8 miles. Turn right onto Bluebird Road and follow for approximately 0.8 miles. Before Moreau Elementary School, turn right onto Jan Ave.

**SOUTH GLENS FALLS Cross Country Trail @ Moreau Recreational Park = 3.0 Miles**

**\*Yellow Arrows = 1<sup>st</sup> Mile   \*\*Red Arrows = 2<sup>nd</sup> Mile   \*\*\*Blue Arrows = 3<sup>rd</sup> Mile**



Modified Course: 1.3 Miles Start and finish is the same as varsity.

