

**7<sup>th</sup> Annual South Glens Falls  
John Killian "K-DAWG"  
Memorial XC Invitational  
Saturday, September 28, 2019  
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

**Timing:** Timing done by Underdog Racing

**Entry Fee:**

- New School Discount **\$125!**
- Early Bird Veteran Team Entry – Entry Before September 13, 2019 - **\$125!!**

**After September 13, 2019**

- **\$150 for both boys and girls teams, \$100 if no Varsity entries (\$75 for mod teams only)**

**Concession Stand:** Refreshments, food, and performance 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. Timing will be computerized.

**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 concession area. New to 2019: Varsity Champions t-shirt for first place team.

**Team Raffles:** Teams will automatically be entered for **XC SWAG Giveaway**

**Tentative Race Schedule:** Racing will start at 9:00 am. Race schedule will be determined on number of teams registered. We will email the final race schedule on September 25th - 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)**
- 10:20- JV Boys (Unlimited entry) (3.00 miles)**
- 10:50- Varsity Girls (7 team member limit) (3.00 miles)**
- 11:20- Varsity Boys (7 team member limit) (3.00 miles)**

**Contact Information:**

Maria Whitney, South Glens Falls 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:** Maureen O'Sullivan

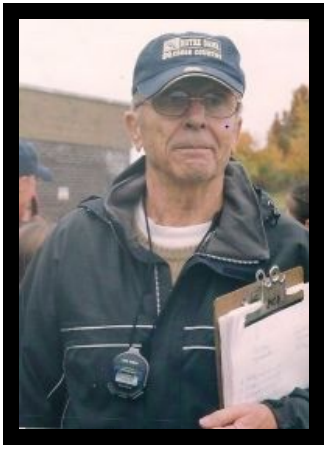
South Glens Falls High School

42 Merritt Rd

South Glens Falls, NY 12803

**Entry Deadline: Monday Sept. 23, 2019**

**Roster Deadline:** Emailed to whitneym@sgfcsd.org in www.milesplit.com by Wed. Sept 25, 2019



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**Entry Form**

**Complete and return this form as soon as possible**

**Checks or School vouchers made payable to:**

**South Glens Falls Booster Club**

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

\_\_\_\_\_ **New School**    \_\_\_\_\_ **Returning School**    \_\_\_\_\_ **Early Bird**    \_\_\_\_\_ **Post 9/13/19 Entry**

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

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

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

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

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

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

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

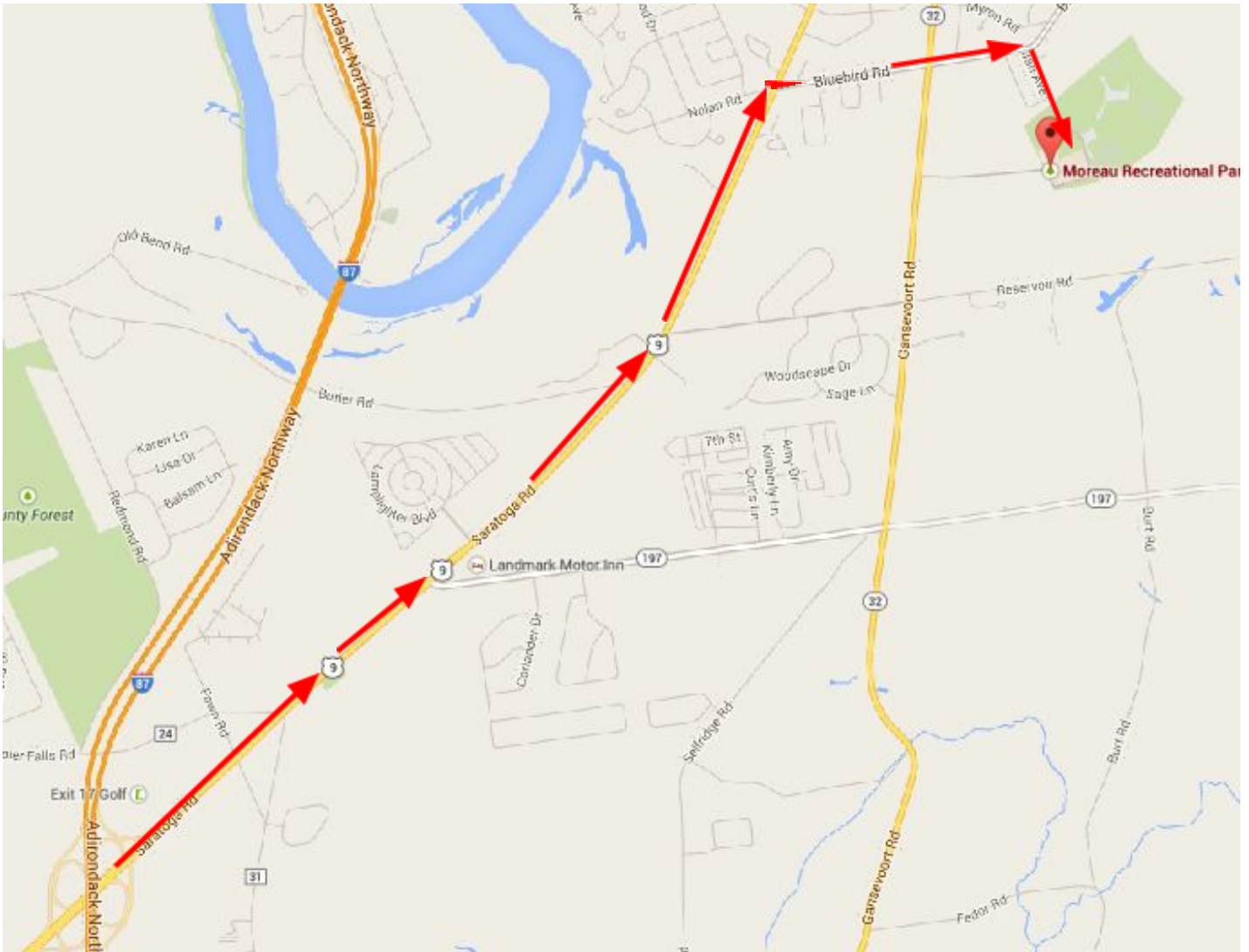
**Send to:** Or Email [whitneym@sgfcsd.org](mailto:whitneym@sgfcsd.org) Maria Whitney

Maureen O’Sullivan  
South Glens Falls High School  
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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.