

QBY-XC: “The trials of miles; the miles of trials.”



Greetings Cross Country Coaches:

May 1, 2019

We are pleased to announce that Queensbury High School will be holding the **16th Annual Queensbury-Adirondack Cross Country Classic Invitational** on **Saturday, September 14, 2019**. Our mission is to organize and host a championship quality meet, which will hopefully attract the some of top teams from New York and surrounding states. This will be the same course that was run for the 2005 and 2013 New York State Cross Country Championships. The races will be held at the Queensbury School campus on our mixed-surface 5,000-meter course. The course will be run entirely on grass and trail surfaces and this is a true “spike” course. The course starts with an open field of 400 meters from starting line to the mouth of the trail system. There are no road crossings and the trails are wide and smooth with packed dirt, and mulch finished hills. The course will offer 555 meters of open field from the exit of the trails to the finish line. The course is rolling and fast with 2 challenging hills located at mile 1 and mile 2. This is also spectator friendly course, and will offer participants and spectators alike, a running festival atmosphere with entertainment, public address, food and music!

The results will be available within :15 minutes of the conclusion of each race. Team awards will be picked up at the results tent and copies of all results will be offered immediately after awards are posted. Individual awards will be handed out at the end of the chute (***Medals/Top #25; Ribbons/Places #26-#75 in each race***).

We look forward to seeing you and your team and hope you will consider attending our event. Make plans now to enter. The entry blank and a fact sheet are attached and are due by **Friday, September 6th**! ***We will be using Mile Split NY to register for the meet. For instructions on how to use Mile Split NY see the information enclosed.*** Good luck with your season in the coming year!

Sincerely yours,

Kevin Sullivan - Coach

Matt Flint - Head Coach

Bob Underwood - Meet Director

Note: You may want to make reservations at area hotels early, as this weekend is a busy one with many community events happening!

16th Annual Queensbury Adirondack Cross-Country Classic Invitational

Saturday - September 14, 2019

Queensbury Union Free School District Campus, Queensbury, New York 12804

Location: Queensbury High School is located just off Exit 19 of I-87 - the Adirondack Northway. The campus sits at the base of the Adirondack Mountains and is just 8 miles south of Lake George.

Facility: Queensbury offers an outstanding facility with a large gym, new locker rooms, and adequate restroom facilities for both athletes and spectators.

Entry Fee: \$120.00 per one team; \$200.00 for both boys' and girls' teams.

Courses: *Var/JV* course (3.10 mi.) is rolling and fast, racing entirely on grass and trails. There are 2 challenging hills located at Mile 1 and Mile 2. There are over 955 meters of open grass field at the start and finish. *Freshman* course (1.80 mi.) and *Modified* (1.50 mi.) will be fast and generally flat.

Concession Area: Vast array of food/drinks. *High-quality, long-sleeve t-shirts* will be sold.

Teams/Scoring: Teams will score 5 runners out of a possible 7 entered in all races.

Teams may enter a maximum of 7 athletes in the varsity races. The JV, modified, and freshmen races will have *unlimited* entries.

Awards: Team trophies will be awarded to 1st, 2nd, and 3rd in each Varsity and JV race. Championship shoe bags or blankets will be awarded to the winning team and coach in each of the races.

Individual medals will be awarded to the top **25** in the varsity, jv, modified and freshmen races. Ribbons will be awarded to **26th>75th** place in all races.

Tentative race schedule: Racing will start at **9:00 A.M.!** We will email final race schedule following the **September 6th** Race Entry Deadline. The schedule will also be available on our web site (www.queensburyschool.org).

Race Schedule

- | | |
|--------------------------------|-------------------------------|
| 1. Modified Girls | 2. Modified Boys |
| 3. Freshmen Girls | 4. Freshmen Boys |
| 5. Girls Varsity Divisions (2) | 6. Boys Varsity Divisions (2) |
| 7. JV Girls | 8. JV Boys |

Contact Information:

Bob Underwood – H # 518-656-3127 C# 518-796-5908 (underdogracetiming@gmail.com)

Kevin Sullivan – H# 518-798-9593 School #518-824-4619 (ksullivan@queensburyschool.org)

Matt Flint – H/C# 518- 796-9123 (flintmat90@gmail.com) (mflint@queensburyschool.org)

*Girls' Team (check)>>>> _____

2019 Queensbury-Adirondack XC Invitational Race Schedule

9:00 am	Modified Girls: (unlimited entries) @ 1.50 miles
9:20 am	Modified Boys: (unlimited entries) @ 1.50 miles
9:40 am	Frosh Girls: (unlimited entries) @ 1.80 miles
10:00 am	Frosh Boys: (unlimited entries) @ 1.80 miles
10:30 am	Girls Varsity: <u>Division I (Large)</u> @ 3.10 miles
11:00 am	Boys Varsity: <u>Division I (Large)</u> @ 3.10 miles
11:30 am	Girls Varsity: <u>Division II (Small)</u> @ 3.10 miles
12:00 am	Boys Varsity: <u>Division II (Small)</u> @ 3.10 miles
12:30 pm	Girls JV: (unlimited entries) @ 3.10 miles
1:00 pm	Boys JV: (unlimited entries) @ 3.10 miles

***** We may add races or subtract races as we get more information on entries and number of teams. We will try to run boys and girls teams from the same school in the same divisions where possible to make travel easier where teams travel together. Depending on JV numbers we may add another JV division for both boys and girls. We will try to run the same number of teams in each race if possible.

NOTE: Teams are allowed to enter a maximum of 7 competitors in the **Varsity** races. *****All other races are **unlimited** entries.

Check the Seeding and Boxes Page to make sure of your seeding. You need to race in the correct race.

Have Fun and Good Luck !!!!!!!!!!!!!!!!!!!!!!!

- Bob, Kevin and Matt

<http://ny.milesplit.com>

Instructions for Registering for the meet and submitting your entries on Mile Split NY:

*******Sign into:** <http://ny.milesplit.com>

This is the same service that many of you used for indoor and outdoor track. If you do not have an account, you must create one. If you are not sure how to do this, please email Bob Underwood at underdogracetiming@gmail.com and you will be sent an informational packet that explains everything.

Once you are in, click on - *Manage Roster* - and update and add athletes. Then, click on - *Meet Entries* - and enter the Queensbury Invitational.

***With any problems, concerns or questions, please email Bob Underwood at underdogracetiming@gmail.com, or telephone at (518) 796-5908.**

Thank you, Bob Underwood, Meet Coordinator - Team Entries; Timing; Scoring; Meet Race Results

PLEASE NOTE: *MILE SPLIT NY*, due to the current and on-going track season, will most likely not be fully operational with our race until the beginning of August. *Don't despair . . . begin looking at availability in mid-July!!!!*

Thanks to you all for considering the Queensbury-Adirondack XC Classic