

## 2024 FONDA-FULTONVILLE CROSS COUNTRY INVITATIONAL

Dear Coach,

We will be running our Fonda Fultonville Invitational again this season. We will be giving out a lot of individual awards, even though there will be no team scoring. We believe this early season meet provides teams with a great opportunity to sharpen up some of the details associated with meet preparation and procedure in a laid back atmosphere, while also giving individuals an opportunity to win some hardware.

The 3 mile course consists of 2 loops run mostly on grass, however, there are a few road crossings. The challenging hills will provide a great indication of where you are at with your early season training.

Our meet will, again, be timed using the services of Bob Underwood and his team at Underdog Race Timing.

We hope you will consider joining us on Saturday, September 7th, 2024.  
Thank you and best of luck this fall.

DATE: SATURDAY, September 7, 2024  
PLACE: FONDA-FULTONVILLE CENTRAL SCHOOL  
COURSE: J.V. & Varsity - 3 miles  
SCHEDULE:  
9:30 J.V. Girls 3.0 miles  
10:00 J.V. Boys 3.0 miles  
10:30 Varsity Girls 3.0 miles  
11:00 Varsity Boys 3.0 miles

\* If numbers warrant, additional varsity divisions may be added.

ENTRIES:Varsity races are limited to 7 runners. Teams must enter a varsity team. All other races are unlimited. (Please submit entries on Milesplit no later than Sept 4)

### INDIVIDUAL AWARDS ONLY:

J.V. Races  
Medals 1-50  
Varsity Races  
Trophies 1-15  
Medals 16-50

ENTRY FEE: Boys Only    \$80.00  
                  Girls Only    \$80.00  
                  BOTH            \$150.00

PLEASE SEND CHECKS/VOUCHERS TO:  
Fonda Fultonville Central School District  
c/o Joe Geniti , Meet Director  
Fonda-Fultonville Central School  
112 Old Johnstown Rd.  
Fonda, New York, 12068

QUESTIONS:

Contact:     Joe Geniti  
                  jgeniti@ffcsd.org  
                  (518) 775-8660  
                  (518) 853-3182 Ext. 3518

ROSTERS: We will be using Milesplit for entries  
            \*\*Please have your entries completed no later than September 4, 2024

DEADLINE: Please return the information below to me ASAP (before August 30, 2024)

YES, WE PLAN TO ATTEND

SCHOOL     \_\_\_\_\_

COACH      \_\_\_\_\_

PHONE      \_\_\_\_\_

\_\_\_\_\_ Boys Only    (\$80)  
\_\_\_\_\_ Girls Only    (\$80)  
\_\_\_\_\_ Both Boys and Girls (\$150)