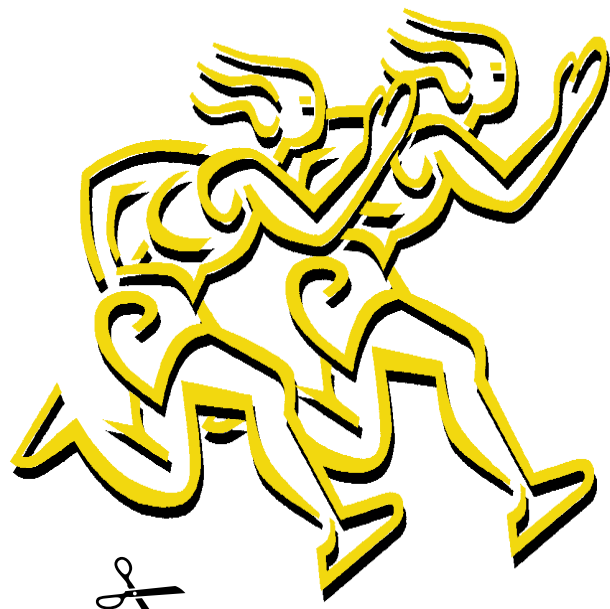


19th Annual Lackawanna County Commissioners **CROSS COUNTRY INVITATIONAL**

Saturday, September 15, 2012
McDade Park, Scranton, Pennsylvania

Entry Fee \$5.00 Per Runner

R.S.V.P. AS SOON AS POSSIBLE



Make checks payable to:
Lackawanna County Treasurer

Send entries to: Dave Grecco (Race Chairman)
McDade Park
Bald Mountain Road
Scranton, PA 18504



Commissioners
COREY D. O'BRIEN • JIM WANSACZ • PATRICK M. O'MALLEY

Team Entry Form (please print)

School: _____

Coach: _____

Address: _____

Phone: (____) _____ E-Mail: _____

OUR SCHOOL PLANS TO ENTER THE FOLLOWING RACES:

(Please Check one or both)

Junior High Races _____ (yes) Varsity Races _____ (yes)

Coaches must register individual runner's names to www.runhigh.com
Registration starts August 13, 2012 and ends September 12, 2012

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Saturday, September 15, 2012
McDade Park, Scranton , Pennsylvania

ChampionChip Timing System From Runner's High

Race Schedule

8:00 AM Tour of Courses Begins
9:00 AM Coaches' Meeting
9:30 AM..... Junior High Girls
10:00 AM Junior High Boys
10:30 AM Varsity Girls "A" Race
11:15 AM Varsity Boys "A" Race
12:00 PM..... Varsity Boys & Girls "B" Race
12:45 PM..... Awards



COURSES: 3,000 Meters Junior High
5,000 Meters Varsity

Both courses wheeled accurately. Courses are all grass, trails and dirt roads

AWARDS: Trophies to first twenty five finishers in Boys & Girls Junior High and Varsity "A" races
No awards will be given in "B" races

Team trophy to 1st place only. Sixth Man tie breaker in "A" races, Jr. High & Varsity

FACILITIES: A concession stand with food, snacks, and tee shirts for spectators and participants

ENTRY FEE: \$5.00 Per Runner

Entry Deadline is Wednesday September 12, 2012 - 5:00 P.M.

Make All Checks Payable To: Lackawanna County Treasurer
McDade Park, Bald Mountain Road, Scranton PA 18504

This Race is Sanctioned By The P.I.A.A and NY State

For more information contact Dave Grecco (Race Chairman) at dag@epix.net
McDade Park 963-6764