

Dear coach,

June 1, 2009



We invite you and your runners to be part of this year's **45th Annual McQuaid Invitational**, one of the largest scholastic meets in the U.S.A. National Federation sanction has been requested for schools from New York, New Jersey, Pennsylvania, Ohio, Connecticut, Rhode Island, Vermont, New Hampshire, Virginia, Georgia, Texas, W. Virginia, Massachusetts, Maryland, Colorado, Delaware and the District of Columbia; also from the Canadian Federation for Ontario schools. The 2008 meet drew over 6000 runners from 240 schools in 5 states and Canada.

New this year:

- A Girls Varsity B race, bringing the total number of races to 25.
- A revised order of events.
- A new Jr. High course that runners, coaches, and spectators will love.
- Expanded awards for sub-varsity races.

We'll also continue with two important changes that we implemented last year: **Online entry** and **Computer timing**...courtesy of **YenTiming.com**...every runner, every race...**see entry form for details.**

**The DETAILS:** Saturday, October 3, 2009, at 9:00 A.M.

**PLACE:** A large scenic glen in Genesee Valley Park., on the southern outskirts of Rochester, next to the I 390 Expressway. (Check Directions on website)

**COURSES:** Varsity: 3.0 miles (wheeled). Spikes may be used but are not recommended except in muddy conditions. **Great for spectators!** Mostly grass; moderately hilly. Runners find it deceptively difficult. (Records Boys: 14:35; Girls 16:52.2)

Jr. High course: New this year! A 1.59 mile looping of the 3.0 course. **NO SPIKES for Jr. High.**

**RACES:** 7 Boys Varsity (3 seeded, 4 unseeded)

6 Girls Varsity (3 seeded, 3 unseeded)

4 Varsity "B" (our designation for "Jr. Varsity"): 3 for Boys, 1 for Girls

2 Sophomore races (1 boys, 1 girls). For anyone in 10th grade, as well as for 7th-9th graders who have lost jr. high eligibility.

6 Jr. High (Gr. 7-9), 3 each for Boys and Girls (Note restrictions on website under "Additional Info.")

**ORDER OF EVENTS:** Small schools run early, then medium and large. Check updated race times.

**AWARDS:** Over 2800, all custom-made. Check Awards link.

**ENTRY FEES:** \$35 per varsity team, \$25 per sub-varsity, \$12 for individuals.

**\$150 SCHOOL MAXIMUM.** LATE FEE of \$50 will be strictly enforced this year.

**DEADLINES:** **Preliminary** entry form due by Monday, September 21. **Online entry** closes at 3:00pm on Sunday, Sept. 27. **Both must be completed** in order to enter the meet.

**OVERNIGHT ACCOMMODATIONS:** An updated list of motels convenient to the meet site will be posted on the meet website by July 1.

If you have never come to our meet, I think you'll find it well worth the trip. It has something for teams of all sizes and abilities. If you have a conflict this year, plan to come on 10/2 in 2010 (our meet always falls on the 4<sup>th</sup> Saturday after Labor Day). Questions? e-mail Meet Director [pglavin@rochester.rr.com](mailto:pglavin@rochester.rr.com) or McQuaid XC Coach [tstewart@mcquaid.org](mailto:tstewart@mcquaid.org)

Peter Glavin /Meet Director