

<p align="center">31st ANNUAL GENESEO INVITATIONAL and PRE-ATLANTIC REGION CROSS COUNTRY MEET</p>

PLACE: Letchworth State Park, Mt. Morris, NY - Highbanks Recreation Area

COURSE: The course is basically flat with some gradual hills, grass, trails and road crossings. Spikes may be worn.

DATE: Saturday, October 3, 2009

TIME: Women	11AM -	6000M
Men	Noon	8000M

PARK FEES: Letchworth Park is a N.Y.S Park and will charge a \$6.00 entry fee for all cars. Team buses will not have to pay but all spectators will. The park starts charging at 8:00am on Saturday so any spectators who wish to avoid the charge can arrive before 8:00am. Please let your fans know this. There is also an alternate entrance that can be found on the Atlantic Region website...

<http://www.geneseotrack.com/regionals/2009/index.php?WP=1>

ENTRY FEE:

\$100.00 1 team
\$180.00 2 teams
\$15.00 individual or open athletes

AWARDS:

Women T-shirts to top 15 (not winning team)

Men T-shirts to top 15 (not winning team)

Team Winning team- Top 7 runners plus coach receive shirts

Plaque to each individual winner. Plaques to each winning team and runner up.

SEND CHECKS AND ENTRIES TO:

Mike Woods, XC Coach SUNY Geneseo
Merritt Athletic Center
1 College Circle
Geneseo, NY 14454

Make checks payable to: SUNY Geneseo Cross Country

ENTRIES DUE NO LATER THAN MONDAY SEPTEMBER 28, 2009

FAX TO: 585-245-5347 PHONE NUMBER: 585-245-5344

HOPE TO SEE YOU THERE ON OCTOBER 3rd!