



Bob Goodell Memorial Cross Country Invitational



Saturday, September 9, 2023
Red Jacket Central High School
1506 Rt. 21, Shortsville, NY

This is a great race to start your XC season! The spectator-friendly 5000-meter course is a flat, fast course. Half is on wooded trails and half is on grass in the open. Spikes are recommended.

Schedule (*subject to change – races may be added depending on number of schools entering*)

- 9:00 Course opens: Pick up race packets and tour the course
- 10:00 Boys Junior Varsity (unlimited entries)
- 10:45 Girls Junior Varsity (unlimited entries)
- 11:30 Boys Varsity (maximum of 7 entries)
- 12:00 Girls Varsity (maximum of 7 entries)

Medals will be awarded to the top 10 finishers in each race.

T-shirts will be on sale with proceeds to benefit the **Bob Goodell Memorial Scholarship Fund**.

Email intent to participate ASAP to Mike Schaertl GeorgeMichaelSchaertl@gmail.com

Individual entries due Wednesday, September 6, 2023 at 8pm. Submit online at www.yentiming.com.
Your full roster in each race must be submitted online to be entered.

Course Map (same as last year):

<http://wfltrack.org/cross/CourseMaps/rj-xc-and-bob-goodell-invitational-course-map.jpg>

Entry Form – Bob Goodell Memorial Cross Country Invitational

School Name:

Coach:

Coach email:

Cost: \$150 per school.

Make checks payable to “Red Jacket Cross Country Boosters”

Mail form & payment to Mike Schaertl, 4285 Shortsville Road, Shortsville, NY 14548