

And now for something completely different...

A Cross Country Mixer Scrimmage

When: September 9, 2017

Where: Canisteo Elementary School XC Course (switchback hills, 3 & 1.5 miles, minimal pavement)

Directions: 120 Greenwood St, Canisteo, NY 14823. Follow State 36 into Canisteo. Turn onto State Route 248 South in the center of the village. Continue south past the high school to the elementary school (both schools are on the right-hand side of the street). Turn into the entrance and head to the parking lot to the back left of the school adjacent to the playing fields.

Bus Parking: Buses may drop students off in the lots to the rear of the building near the fields then park in the lot closest to the street, in front of the school.

Fee: A canned or dry food donation from each athlete and coach

Time: Course opens for tour at 8:30 AM.

Modified race at 10:00 AM

Varsity race at 10:30 AM

Awards: T-shirts to the winning varsity and modified team members.

Concessions: Canisteo-Greenwood will have their stand open with a variety of items.

What makes this meet different?

Rather than compete for their home schools, athletes will be organized into coed teams of five to seven. The number of teams will depend on the number of schools who participate. Team scores will be tallied at the completion of each race. To reiterate, boys and girls will run together. *Please note that the results of this meet cannot count as an official contest as it does not follow standard NFHS or NYSPHSAA format. We believe that the date is early enough not to affect any athlete's ability to participate in the required number of meets or top runners' state ranking.*

Why conduct a meet like this?

To mix things up, of course. Seriously, this will be a great way to promote camaraderie, sportsmanship, and fun. After all, we all are in this crazy sport together

What should athletes wear?

We will attempt to send out team rosters before the competition. The teams will likely be indicated by color. If the athletes have tops in that color, that would be advisable. We will try to have a wristband or ribbon to pin on clothing as well. If athletes want to coordinate beforehand and wear costumes, headbands, funky socks, face paint or whatever, have at it!

What else do coaches need to do beside show up with runners and food donations?

Please send me your rosters (on the next page) ranked by ability from best to worst. We will use these to create balanced mixed-team and gender rosters. We will return team lists by Tuesday, September 6th.

Please confirm and send rosters to damian.demarco@hornellcsd.org by September 3, 2017.

