

Welcome to the 47th McQUAID H.S. CROSS COUNTRY INVITATIONAL
Genesee Valley Park, Rochester, NY - October 1, 2011

37th Annual McQuaid Alumni Challenge
3-Mile Open Race
Official Day-of-Race Entry Form & Information

Saturday, October 1, 2011

Race Starts at 5:10 p.m.

Entry Fee: **\$10.00 Online Pre-Entry Fee – guaranteed Tech Shirt and correct size.**
Enter online by 6 p.m., Friday, September 30, 2011. No pre-entries accepted after 6pm.
Online Pre-Entries enter at <http://www.getentered.com>

Online registration will not be available after 6 p.m., Friday, September 30, 2011.
There is no mail-in pre-registration available.

\$20.00 Day of Race Entry Fee – You may get a Tech Shirt if there are any left and it probably won't be your size. We can only guarantee shirts to the first 108 entries.
Register on Saturday, Oct. 1, 2011 between 3:00 pm and 5:00 pm
Registration and Packet Pick-up at Genesee Valley Park Glen grey building near the finish line.
Checks payable to: McQuaid. Entry fee is non-refundable.

Awards: The first 108 entries will receive a special 2011 commemorative McQuaid Invitational short-sleeved Technical Shirt. Championship Plaques will be awarded to the 1st place Open Male, Open Female, Masters (40+) Male and Masters (40+) Female. Refreshments will be available after the race. Awards to the top Male and Female finishers in each of the following age divisions: 14/under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+. No double dipping.

McQuaid Alumni Team Challenge Cup:

McQuaid Alumni Challenge Cups will be awarded to the best 3 person teams who have graduated from the same HS in the following Divisions:
Alumni **Masters** Division: 3 runners, same HS, graduating classes of 1991 & prior or age 38+.
Alumni **Open** Division: 3 runners, same HS, any graduation year, any age.
Are there 3 people from your HS who are still alive and running? Find them.
Just indicate your HS and graduation year on the entry form and we'll do the scoring for you.
You can only score for one of the two Alumni Divisions so all runners who graduated HS 1991 or before or are age 38+ will automatically be put on an Alumni Masters Team unless a specific request is made to score for an Open Division Alumni team. Who knows if 3 runners from your High School will race? We will do our best to create teams and score them correctly.

Course: The Open Race is the last race of the day, after the 25 HS races, and will begin at 5:10 p.m. We use the same 3 mile cross country course as the Varsity HS races.

Course map is available on the McQuaid Meet Website at: <http://www.mcquaidinvitational.com/>
Pre-Entries on-line only at <http://www.getentered.com>

Day of the Race Entry Form
We will have blank entry forms available on race day.

Waiver of Liability

I know that competing in this race is potentially a hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of a meet official relative to my ability to safely complete my race. I assume all the risks associated with competing in this race including, but not limited to: falls, contact with other participants, the effects of weather, including cold, snow and/or ice, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Monroe County Parks Department and McQuaid Jesuit High School, their representatives and successors from all claims or liabilities of any kind arising from my participation in this meet.

Signature _____ Date 10-01-11
(Parent/Guardian must sign if under 18)

Print Name _____

Address _____

City/Town _____ State _____ Zip _____

E-Mail _____ Age _____ Gender _____

H.S. Attended _____ Yr. Graduation _____

Alumni Open Division _____ (after 1991) Alumni Masters Division _____ (1991 and before)

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History: On September 28, 1975, the 11th Annual McQuaid Jesuit High School Cross Country Invitational was held at Genesee Valley Park. By this time (1975), this local High School XC Invitational, begun as part road race from the school's Brighton campus in 1965, had already turned into one of the biggest high school cross country meets in the country. The leadoff race of the 1975 McQuaid Invitational was a six-mile Open race co-sponsored by the McQuaid Alumni Association and the Greater Rochester Track Club and was won by US Olympian and former Indoor Mile World Record Holder, Dick Buerkle. This explains why the number of the Open race is always 10 years off the number of the HS Invitational. We hope to continue the rich tradition of the Alumni Challenge Open Cross Country Race event.

Check out www.mcquaidinvitational.com for complete information.

We have posted a special Alumni section that includes 36 years of Open Race results, a brief history of the event, a short bio of Bob Bradley, a listing of past Open Race Champions and a listing of the top 30 performances over the years.

Please do not contact McQuaid HS for information.

We plan to have this Event sanctioned by USATF

