

**47th South Jefferson  
XC Invitational  
October 21st, 2023  
Pre-Sectional  
“Tune Up Race”**



**SJXC**

Head Coach: Justin Crossway  
[jcrossway@spartanpride.org](mailto:jcrossway@spartanpride.org)  
(315) 286-2823

## **Objective:**

This is meant to be a Pre-Sectionals “tune-up” race. Bring your Pre-Championship level team and race with no Sectional pressure. No limit on entries.

## **Course:**

We have an open, wide-vectored, 400m straightaway before the first turn. The first mile is pretty flat, the second has some serious hills, with the third consisting mostly downhill. It is very spectator friendly, as athletes can be seen distinctly from the start and finish location. It is a full 3.1 mile course. Boxes will be randomly assigned. I will upload a full course video asap.

**GPS:** South Jefferson Middle School, 11060 US Rt, 11, Adams, NY, 13606

**Parking:** Buses are able to stay on site at our Middle School parking lot.

## **Cost:**

\$200.00 per school (both Varsity Teams) or \$100.00 (for single Varsity team). No limit on # of athletes.

Please make checks payable to:

South Jefferson Club Account - XC

Mail Checks or Vouchers to:

South Jefferson Central School District

Clarke High School

C/O Justin Crossway

11060 US. Rt. 11 Adams, NY 13605.

## Entries:

1. Please email your intent to attend: [jcrossway@spartanpride.org](mailto:jcrossway@spartanpride.org).
2. Entries need to be submitted through NYMilesplit. Bibs and timing will be serviced by Leone Timing.

## Order of races:

Course opens for preview / warm-up	8:00am
Varsity Girls	10:00am
Varsity Boys	10:45am

We can add a second varsity boys race and/or girls race if needed.

## Awards:

- 1<sup>st</sup> – 3<sup>rd</sup> place team plaques.
- 1<sup>st</sup> – 10<sup>th</sup> medals for individual placements.
- 1 “Runner of the Day” award will be given to each Coach to give to an athlete they deem deserving of it.

## Concessions:

We will offer a full concession stand, at the Gray Concession Building immediately next to the Finish Line.

## T-Shirts and Apparel:

In the works. I will post details on this in early September.

Keep scrolling for  
the Map. 😊





**South Jefferson XC**  
Varsity Course 3.1 miles

- Legend**
- Final .1
  - Mile 1
  - Mile 2
  - Mile 3
  - South Jefferson HS / MS



Miles on the map are red, white, and blue. This will match the gates, flags and paint on the course.

**Course video will be available very soon.**