

## MC QUAID INVITATIONAL ENTRY - 2007

**USA Schools: No faxes, please. Postmark by Mon. Sept. 17<sup>th</sup> to:**  
**PETE GLAVIN, PO BOX 16375, ROCHESTER, NY 14616**  
**Canadian Schools: Fax this form (both sides) to McQuaid HS at 585-256-6171**  
**no later than Wed. Sept 19th. Pay entry fee at registration.**

1. No phone entries please. (They foul up our paperwork)
2. Enrollment figures for upper 3 grades should be exact and current
3. Athletes who turn 19 before July 1, 2007 cannot run in this meet.
4. Jr. High (Gr. 7-9) runners who have run J.V. or Varsity races this season are no longer eligible for Jr. High competition.
5. Canadian "Midgets" cannot run Jr. High if they are in Grade 10.
6. Except for varsity caliber athletes in Grades 7-10, who may run in the Sophomore races, you must run your best 5 in varsity races.

### BOYS VARSITY

To set up the races equitably, we need an accurate idea of your team's strength. Use actual 3000 / 3200m times, or estimate times if they give a truer picture. List just your best 5 (Run 7 or 10).

<u>First Name</u>	<u>Last Name</u>	<u>Yr. in School</u>	<u>Time</u>
-------------------	------------------	----------------------	-------------

- |    |  |  |  |
|----|--|--|--|
| 1) |  |  |  |
| 2) |  |  |  |
| 3) |  |  |  |
| 4) |  |  |  |
| 5) |  |  |  |

**Indicate # of total boys enrolled in your school's upper 3 grades.** (This determines your division.)

**Coach's Team Appraisal:**

- \_\_\_ Very Good. Seed  
 \_\_\_ Good. Possible Seed  
 \_\_\_ Fair. Do not Seed  
 \_\_\_ Weak.  
 \_\_\_ no "MIXED" race

Team Performances This Season:

<u>Meet</u>	<u># of Schools</u>	<u>Your Place</u>
-------------	---------------------	-------------------


### GIRLS VARSITY

Use 3000 meter times, actual or estimated. No limit on entries.

<u>First Name</u>	<u>Last Name</u>	<u>Yr. in School</u>	<u>Time</u>
-------------------	------------------	----------------------	-------------

- |    |  |  |  |
|----|--|--|--|
| 1) |  |  |  |
| 2) |  |  |  |
| 3) |  |  |  |
| 4) |  |  |  |
| 5) |  |  |  |

**# of girls enrolled in upper 3 grades.** (This determines your div.)

**Coach's Team Appraisal:**

- \_\_\_ Very Good. Seed  
 \_\_\_ Good. Possible Seed  
 \_\_\_ Fair. Do not Seed  
 \_\_\_ Weak.  
 \_\_\_ no "MIXED" race

Team Performances This Season:

<u>Meet</u>	<u># of Schools</u>	<u>Your Place</u>
-------------	---------------------	-------------------


**ALL SUB-VARSITY RACES**

Indicate the number of runners you expect to have in each race. No limit.

<u>RACE</u>	<u># OF RUNNERS</u>	<u>RACE</u>	<u># OF RUNNERS</u>
Boys Varsity "B"	_____	Sophomore Girls	_____
Sophomore Boys	_____	Girls Jr. High	_____
Boys Jr. High	_____		

**ENTRY FEE BREAKDOWN**

Boys Varsity @ 30.	_____	
Girls Varsity @ 30.	_____	
Boys Varsity "B" (J.V.) @ 20.	_____	
Girls Sophomore @ 20.	_____	<b>Note:</b> If you enter complete teams
Boys Sophomore @ 20.	_____	in some races but are incomplete
Girls Jr. High (Gr.7-9) @ 20.	_____	in others, pay just \$2. per runner
Boys Jr. High (Gr.7-9) @ 20.	_____	in the incomplete races.
____ Individuals @ 10 each.	_____	
LATE FEE (If applicable) @ 50.	_____	

TOTAL \_\_\_\_\_ (\$125. School Maximum

Late charge of \$ 50 will be applied to all entries unless there is a late fee.)

faxed (Canadian Schools) or postmarked

(American Schools) more than one day  
after deadlines (strictly enforced).

Make checks & vouchers payable to McQuaid.

Address vouchers to McQuaid c/o Pete Glavin

Canadian schools pay with American funds.

**EITHER A CHECK OR VOUCHER MUST ACCOMPANY EVERY MAILED ENTRY.**

**Please indicate the total number of your runners  
(boys and girls) who will compete in the meet:**

**Total: \_\_\_\_\_**

<u>School</u>	<u>Coach(es)</u>		
<u>Address</u>	<u>City</u>	<u>State</u>	<u>Zip</u>
<u>School Phone</u>	<u>Home Phone</u>	<u>Fax</u>	<u>E-mail</u>

**PLEASE COMPLETE THE BOTTOM OF THIS FORM FOR OUR REFERENCE. THANKS!**