

2016 BELLOWS FREE ACADEMY CROSS COUNTRY INVITATIONAL

HARD'ACK RECREATION AREA

Saturday, October 15th

We have developed a superb cross country course over the past few years. Our 3.1 mile course is run on grass and dirt trails through open fields and through wooded sections. There are flats and rolling hills with one long gradual climb about midway through the course.

Race	Race Time	Distance	Meet Record
Varsity Girls	11:00am	3.1 Miles	Elle Purrier Richford 18:00
Varsity Boys	11:45am	3.1 Miles	Andrey Chmykh Essex 16:58
Junior Varsity Girls	12:30pm	3.1 Miles	Cally Braun CVU 22:03
Junior Varsity Boys	1:15pm	3.1 Miles	Emmitt Peterson CVU 18:22

Awards :

All Races – Trophies to top ten. Ribbons to 11 - 25. No team trophies so we can give more individual recognition. Where do those team trophies end up any way!?

Cost :

\$4.00 per individual or \$85.00 for a girls team and \$85.00 for a boys team.

Payable to: BFA Cross Country.

Entries : Entries are due by October 12th. Please register your athletes using athletic.net

Directions: I-89 exit 19. Turn right at light, proceed straight through next light. Take next left onto Congress St., then an immediate right into Hard'ack Recreation Area.