



3rd Annual Bruce MacDonald 5K Invitational



Thursday September 19th, 2013 at the scenic Sands Point Preserve in Port Washington, Paul D. Schreiber High School will host the 3rd annual Bruce MacDonald 5k and novice run. The course is challenging, trails and a tad concrete. No spikes.



Sands Point Preserve 127 Middleneck Road, Port Washington

Schedule: First Race will begin at 4:30 p.m. Sharp

Order of Races:

1.5 mile novice race (individuals) 4:30 SHARP

5K JV races, Boys followed by Girls, (1 team of 5-7 plus individuals)

5K Varsity races, Boys followed by girls, (1 team of 5-7)

ENTRY FEES: \$25.00 for each bus pass

\$40.00 per Varsity team

\$40.00 per JV team

\$5.00 per individual

Medals to top 10 in every race

Make checks payable to : Port Washington Schools

Send to : *Attention: Robin Cooper*

Port Washington Schools

101 Campus Drive, Port Washington, New York 11050

Nassau County Schools will be billed for officials through BOCES.

For more information please call: Robin Cooper at 516-767-5961 thru 6/21 and as of 8/26 or 516-456-9784.

Entries must be received by Friday 9/13/13.

Boys ENTRY FORM

Bruce MacDonald Invitational

Sands Point Preserve

127 Middleneck Road, Port Washington, N.Y.

Thursday 9/19/2013

Make checks payable to: Port Washington Schools

Mail to: Robin Cooper

Schreiber High School

101 Campus Drive

Port Washington, New York 11050

School _____ Phone _____

School Address _____

Coach _____ Coaches Phone _____

Coaches Email _____ School Fax _____

\$25.00 per bus for pass _____

\$40.00 Varsity Team (1) (5-7) _____

\$40.00 JV Team(s) (5-7) _____

\$5.00 JV individuals _____

\$5.00 1.5 Novice Individuals _____

TOTAL: _____

Girls ENTRY FORM

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\$5.00 JV individuals _____

\$5.00 1.5 Novice Individuals _____

TOTAL: _____