

**26th ANNUAL FRED GRESSLER MEMORIAL CROSS COUNTRY RUN
WHITE PLAINS HIGH SCHOOL
Saturday, September 28, 2024**

Please have your buses

1. *Enter campus from the North Street entrance and have driver drop you off in the circle.*
2. *Walk down the walkway and look for our packet station (ON YOUR RIGHT)*
3. *Buses are to park in upper lots.*

Please email the races you intend to enter melissahidalgo@wpcsd.k12.ny.us

******Please place your rosters on Athletic.net
as soon as possible.******

VARSIITY RACES:

There will be 2 Varsity races for each gender.

J.V. RACES:

There will be 3 Junior Varsity Races (2 boys and 1 girls). A school must be represented by 7 runners in the Varsity Race to compete in the Junior Varsity Races.

FROSH RACES:

There will be 2 Frosh Races (1 boys and 1 girls).

INDIVIDUAL AWARDS

Top 10 in each Varsity Race will receive a trophy; places 11-25 receive medals
Top 25 in JV race and Frosh Race will receive medals.

TEAM TROPHIES

Top 2 teams in each Varsity Race will receive a trophy.

Top JV team will receive a trophy

Winning Team in Frosh Races will receive trophies

Important Dates

ENTRY DEADLINE: Entries must be received by Friday, September 20, 2024

9/17/24: Rosters must be entered on Athleticnet.

Our course features *plenty* of hills, making it very challenging.

Time Schedule

8:00 Boys JV 1	3.1 Miles
8:30 Boys Varsity I	3.1 Miles
9:00 Girls Varsity I	3.1 Miles
9:30 Boys Frosh	1.5 Miles
9:50 Girls Frosh	1.5 Miles
10:10 Girls JV	3.1 Miles
10:40 Girls Varsity II	3.1 Miles
11:10 Boys Varsity II	3.1 Miles
11:40 Boys JV 2	3.1 Miles

REFRESHMENTS WILL BE SOLD!!

Special Note: Fred Gressler was the Girls Cross Country Coach at White Plains High School until his sudden death in June 1995, at age 48. All proceeds from this meet will benefit the Fred Gressler Scholarship Fund.

GIVE YOUR RUNNERS A CHANCE TO WIN SOME REALLY NICE TROPHIES AND HELP SUPPORT THE GRESSLER SCHOLARSHIP FUND!!

Thank you,
Coaches Melissa Hidalgo and Fred Singleton

PLEASE MAKE CHECKS PAYABLE TO:

WHITE PLAINS HIGH SCHOOL

PLEASE MAIL TO:

Melissa Hidalgo
WHITE PLAINS HIGH SCHOOL
550 NORTH STREET
WHITE PLAINS, NY 10605

Questions:
Call 914- 422-2236
email: melissahidalgo@wpscd.k12.ny.us

ENTRIES MUST BE RECEIVED BY: Friday, September 20, 2024

Coach's Email _____



26th Annual Fred Gressler Memorial Cross Country Run
White Plains High School

Saturday, September 28, 2024

School Entry Form

*****You must email me to let us know that you are attending the meet

melissahidalgo@wpscd.k12.ny.us

School _____ School Phone _____

Address _____

Boys' Coach _____ Girls' Coach _____

Race	# of Teams	Entry Fee	Total for Race
Boys Varsity Race	(1 team only)	@ \$40.00	_____
Girls Varsity Race	(1 team only)	@ \$40.00	_____
Boys JV Race	X	\$5 per individual (max \$80)	_____
Girls JV Race	X	\$5 per individual (max \$80)	_____
Boys Frosh Race	X	\$5 per individual (max \$50)	_____
Girls Frosh Race	X	\$5 per individual (max \$50)	_____

Total Entry Fee _____

(max \$165 -1 gender
\$330 2-gender)