

A banner image showing a dirt path winding through a forest with trees displaying vibrant autumn foliage in shades of yellow, orange, and red. The text "2024 Burnt Hills XC Invitational" is overlaid in a large, white, serif font.

# 2024 Burnt Hills XC Invitational

**Saturday, October 12, 2024**  
*Saratoga Spa State Park*  
SARATOGA SPRINGS, NY

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Dear Coaches, Athletes, and Spectators,

Welcome to the 42nd Annual Burnt Hills Cross Country Invitational! We are thrilled to have you join us at the beautiful Saratoga Spa State Park for a day of competitive racing and community spirit.

The Burnt Hills Track Club, along with our dedicated volunteers, has been working tirelessly to ensure a memorable and successful event for everyone involved. Whether you're a seasoned competitor or a first-time participant, we hope you find the course challenging and the atmosphere inspiring.

We ask that you adhere to the park rules and proper parking guidelines to help us maintain this venue for future events. If you have any questions or need assistance, our team will be happy to help.

Thank you for being part of this prestigious event. We wish all of the runners the best of luck and hope you enjoy your day with us.

Burnt Hills Track Club

[Invy@bhblrunners.com](mailto:Invy@bhblrunners.com)

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# *Registration*

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To participate in the Burnt Hills Cross Country Invitational, teams must complete the following steps:

1. Submit [Entry Form](https://forms.gle/PPg6djQb65AuLaw68) (<https://forms.gle/PPg6djQb65AuLaw68>)
  2. Register on [ny.milesplit.com](https://ny.milesplit.com)
- Teams must submit their **Entry Form** and **Register** on MileSplit NY by 11:59pm on Friday, September 27, 2024.
  - The first 100 teams to submit entry will be guaranteed participation in the event. Teams entering after the initial 100 will be placed on a waiting list and notified the following week if their entry is accepted.
  - **Rosters** must be entered via MileSplit by 11:00pm on Monday, October 7, 2024.
  - Each team is allowed 10 Varsity runners. A complete Varsity team is required in order to enter a JV team. There is no limit on the number of JV “B”, Freshman, and Modified runners.
  - Divisions will be determined based on the number of entries received by September 27, 2024, and each team’s enrollment (Grades 10-12). These divisions will be distributed to coaches and posted during the week before the meet.
  - Starting boxes are assigned for Varsity races only.

If you have any questions or need assistance with the registration process, please contact us at [invy@bhblrunners.com](mailto:invy@bhblrunners.com).

# *Entry Fees*

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**\$220 per School**

**\$120 per Gender**

**\$120 if only Boys & Girls Modified**

**\$20 per individual runner (5 or fewer runners)**

- All coaches who have requested an invoice and/or W-9 on their entry form will receive the necessary documents starting August 26, 2024 to provide to their athletic department.
- Entry fees or a school Purchase Order must be received by Friday, October 4, 2024.

**Please make checks payable to: Burnt Hills Track Club**

**Please mail checks to:**

**P.O. Box 1101, Ballston Lake, New York 12019**

All fees are entry fees, not participation fees.

**Late Fees:** Teams that register before October 4, 2024, but whose payment has not been received will be moved to the waitlist until payment is received and subject to availability. Late entry fees will only be accepted with the addition of a \$25 Late Fee.

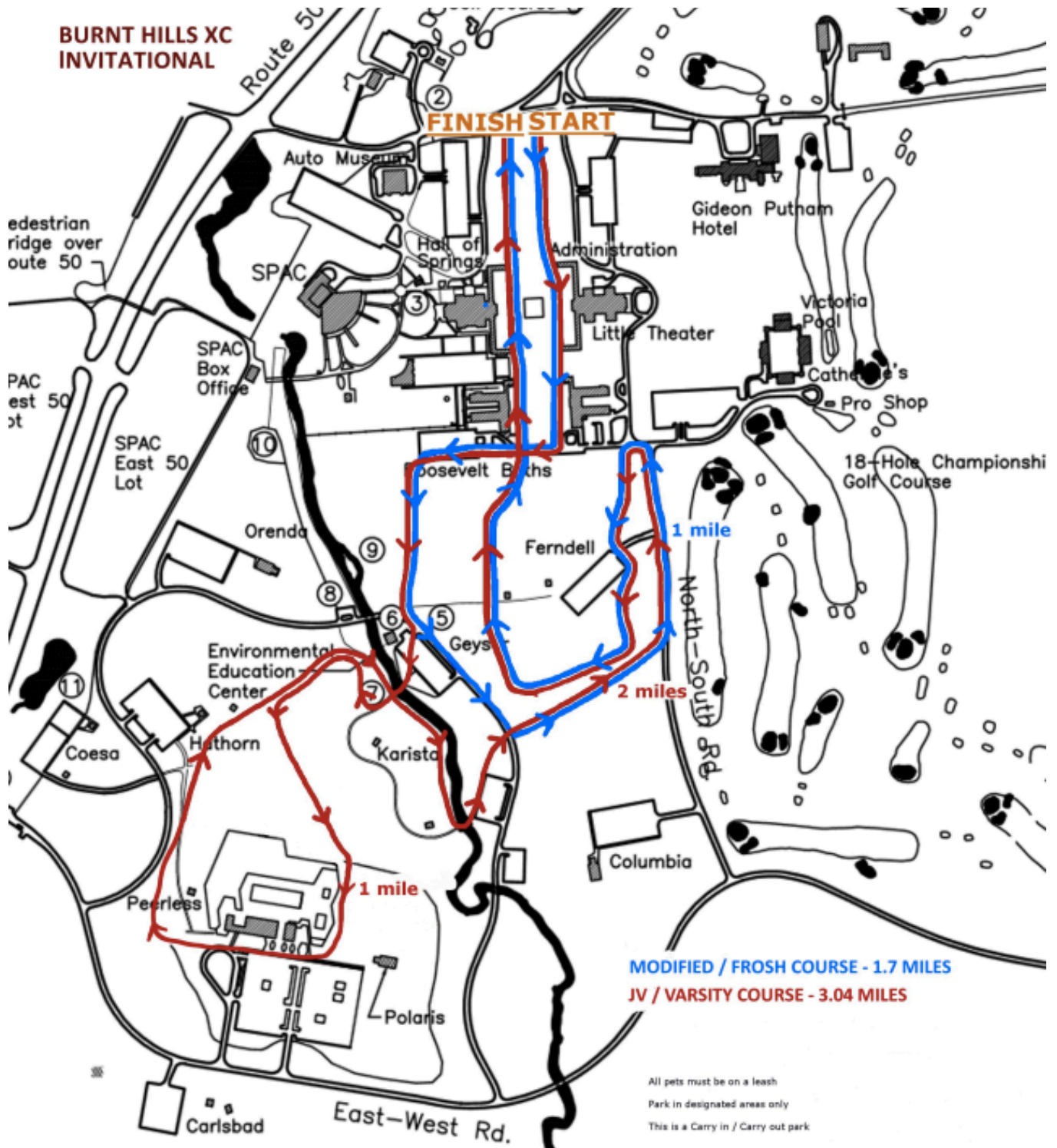
**Cancellation Policy:** In the event the Burnt Hills Cross Country Invitational must be canceled, entered teams will be notified as soon as possible and entry fees will be deferred to the following year. There will be no refunds or entry deferment for teams who enter but do not attend for any reason.

**Outstanding Fees:** No entries will be accepted from a school with outstanding fees from previous years until the balance has been paid in full.

# *Race Schedule*

7:30am	Race Packet Pickup	
9:00am	Freshman Girls	1.7 miles
9:20am	Freshman Boys	1.7 miles
9:40am	Modified Boys “B”	1.7 miles
10:00am	Modified Girls	1.7 miles
10:25am	Modified Boys “A” - Top 7 runners, team scoring	1.7 miles
10:45am	JV Boys “B” - Unlimited entries, team scoring	3.05 miles
11:15am	JV Girls	3.05 miles
11:50am	JV Boys “A” - Top 7 runners, team scoring	3.05 miles
12:15pm	Varsity Division I Girls	3.05 miles
12:50pm	Varsity Division I Boys	3.05 miles
1:15pm	Varsity Division II Girls	3.05 miles
1:45pm	Varsity Division II Boys	3.05 miles
2:10pm	Varsity Division III Girls	3.05 miles
2:40pm	Varsity Division III Boys	3.05 miles
3:05pm	Varsity Division IV Girls	3.05 miles
3:35pm	Varsity Division IV Boys	3.05 miles

# Course Map





# *Race Day*



## BUSES

### **Bus Drop-Off:**

- Buses may drop-off athletes on Polaris Drive.
- No bus drop-offs are allowed on Roosevelt Ave.

### **Bus Parking:**

- After dropping off athletes, buses must exit Polaris Drive and park in the Saratoga Performing Arts Center (SPAC) parking lot.

- The SPAC parking lot is located south on Route 50/Ballston Ave.
- No bus parking is allowed within the park.

Coaches are responsible for advising their transportation to adhere to these guidelines to ensure smooth traffic flow and the safety of all participants.

## **PARKING**

### **Spectator Parking:**

- *Location-* All spectators must park in the SPAC main parking lot (GPS: 398 Ballston Avenue, Saratoga Springs, New York 12866).
  - *Directions to Start/Finish-* Follow signs from northeast corner of SPAC lot near ticket booth to race area.
- *Handicap Parking-* Handicap parking is available in a designated lot on Roosevelt Drive south of Gideon Putnam Road (GPS: 25 Roosevelt Drive, Saratoga Springs, New York 12866).
- Only handicap parking is allowed within the park boundaries. Parking on grass is strictly prohibited and may result in your vehicle being towed or ticketed.

## **CHECK-IN**

Check-in and packet pick-up begins at 7:30am. The Registration tent is located adjacent to Finish Line.

## **PARK RULES**

To ensure a safe and enjoyable experience for everyone at the Burnt Hills Cross Country Invitational, please adhere to the following park rules:

- **TRASH DISPOSAL** - Please use the provided trash bins. Each team is responsible for cleaning their team area and is provided a trash bag in the packet at pick-up.
- **TEAM AREAS** - No gathering or team setup is allowed within any of the covered portions of buildings. Team tents may only be set up in designated areas and must be appropriately secured with weights. No tent stakes are allowed.
- **PARKING** - Parking is only allowed in designated areas. Use of parking lots within and directly around the park and race course is strictly prohibited.

*Thank you for following these rules to help us maintain the ability to continue to use this beautiful and historic location.*

## **RESULTS**

Race timing is provided by Underdog Timing. Live results can be access at [underdogtiming.com](http://underdogtiming.com) or [ny.milesplit.com](http://ny.milesplit.com).



## **AWARDS**

- **Medals** - Medals will be awarded to the top 75 finishers in each race.
- **Championship Shirts** - The winner of each race will receive a Championship shirt. Members of the winning team (first 7 runners) and their coach will also receive Championship shirts.
- **Trophies** - Trophies will be awarded to the top 3 teams in each race.

Awards can be collected immediately following each race at the Registration/Awards tent, located adjacent to the finish line.

Please allow a few minutes after each race for live results to be processed and medals to be organized by our volunteer staff. We appreciate your patience to ensure the accuracy of awards.

## **MERCHANDISE**

Shirts, stickers, and other merchandise will be available for purchase at the merchandise tent near the start/finish on a first come, first serve basis. Both cash and credit card payments are accepted. No returns or exchanges accepted. All sales are final. Be sure to visit and take home a keepsake from the Burnt Hills XC Invitational!

## **FOOD VENDORS**

A variety of food trucks will be in attendance offering a range of delicious options located near the past the reflecting pool near Roosevelt Avenue.

# *Accommodations*

For those traveling to the Burnt Hills Cross Country Invitational, there are several accommodation options available in Saratoga Springs area to suit a variety of preferences and budgets.

We are proud to partner with [Discover Saratoga](#) to assist you in planning your stay. Special rates and discounts may be available for event attendees.

Please visit

<https://www.discoversaratoga.org/bh-bl-cross-country-invitational/>  
for more information.