

Twenty Third Annual Jim Smith Memorial Cross Country Run

Saturday, September 11, 2010 Port Jefferson High School will conduct the Twenty Third Annual Jim Smith Memorial Cross Country Meet. The meet will be held at Sunken Meadow State Park, Kings Park, New York. The first event will be at 9:30 A.M.

A team will consist of three to five runners. The first three runners will score. The fourth runner will break ties.

The races are as follows:

Freshman Girls	9:30 A.M.	1.5miles
Freshman Boys	9:45 A.M.	1.5miles
Sophomore Girls	10:00 A.M.	5000m
Sophomore Boys	10:30 A.M.	5000m
Junior Girls	10:55 A.M.	5000m
Junior Boys	11:25 A.M.	5000m
Senior Girls	11:55 A.M.	5000m
Senior Boys	12:20 P.M.	5000m

Awards are as follows:

Individuals: T-shirts to the first 25 finishers in each race. Trophy for the fastest time of the day in the 5000m races for both a boy and girl. Medals to top three finishers in each race.

Teams: Trophies for first three team places in all races. Medals to 1st, 2nd and 3rd place teams in each race.

Coaches: Jackets for winning coaches in all races.

If you would like to join us on Saturday, September 11, 2010 just fill in the enclosed entry form and mail it along with your check or P.O. to:

Rod Cawley Meet Director (631) 924 9219
Port Jefferson High School
Old Post Rd.
Port Jefferson, NY 11777

You may also email your entry to rcawl@aol.com

Please email entry to me prior to submitting entry to your business office.

Checks should be made out to **Port Jefferson High School.**

Please enter your roster on **just-in-time-racing.com** by Thursday, September 9, 2010.

This meet has been sanctioned for NY and PA.

BOYS ENTRY FORM

JIM SMITH MEMORIAL CROSS COUNTRY MEET
SUNKEN MEADOW STATE PARK, KINGS PARK, NY
SATURDAY, SEPTEMBER 11, 2010

School _____ Phone _____

School Address _____

Coach _____ Phone _____

Email _____ School Fax # _____

The cost is \$30.00 per team or \$10.00 per individual. A team may consist of 3-5 individuals.

	<u>#Teams</u>	<u>#Ind.</u>	<u>Amount</u>
Freshman Boys	_____	_____	_____
Sophomore Boys	_____	_____	_____
Junior Boys	_____	_____	_____
Senior Boys	_____	_____	_____
		Entries Total	_____

Maximum Boys entry fee is \$200.00

Make checks payable to **PORT JEFFERSON HIGH SCHOOL**

Mail to: Rod Cawley
Port Jefferson High School
Old Post Rd.
Port Jefferson, NY 11777

Be sure to enter roster on **just-in-time-racing.com**

**** New** there is now a \$35.00 bus admission fee being charged by New York State. You will be required to purchase a bus pass for \$35.00 prior to entering the park. If you do not have a bus pass the bus entry fee will be \$75.00

Pass information can be found at:
New York State Office of Parks, Recreation and Historic Preservation
Long Island Region-Belmont Lake State Park, P.O. Box 247,
Babylon, NY 11702-0247 (631) 699-1000

GIRLS ENTRY FORM

JIM SMITH MEMORIAL CROSS COUNTRY MEET
SUNKEN MEADOW STATE PARK, KINGS PARK, NY
SATURDAY, SEPTEMBER 11, 2010

School _____ Phone _____

School Address _____

Coach _____ Phone _____

Email _____ School Fax # _____

The cost is \$30.00 per team or \$10.00 per individual. A team may consist of three to five individuals.

	<u>#Teams</u>	<u>#Ind.</u>	<u>Amount</u>
Freshman Girls	_____	_____	_____
Sophomore Girls	_____	_____	_____
Junior Girls	_____	_____	_____
Senior Girlss	_____	_____	_____
		Entries Total	_____

Maximum Girls entry fee is \$200.00

Make checks payable to **PORT JEFFERSON HIGH SCHOOL**

Mail to: Rod Cawley
Port Jefferson High School
Old Post Rd.
Port Jefferson, NY 11777

Be sure to enter roster on **just-in-time racing.com**

**** New** there is now a \$35.00 bus admission fee being charged by New York State. You will be required to purchase a bus pass for \$35.00 prior to entering the park. If you do not have a bus pass the bus entry fee will be \$75.00

Pass information can be found at:
New York State Office of Parks, Recreation and Historic Preservation
Long Island Region-Belmont Lake State Park, P.O. Box 247,
Babylon, NY 11702-0247 (631) 699-1000