

**Saint Anthony's High School
40th Annual Cross Country Invitational**

Date: **Saturday, October 2, 2010**
Place: Sunken Meadow State Park, Kings Park, Long Island, New York

Distance: All races are 2.5 Miles (over the bridge), except the Frosh Races (1.47 miles)

Time Schedule: **TENTATIVE - DEPENDING ON ENTRIES**

1	9:00 AM	Boys Catholic Middle School Race	11.	11:40 AM	Boys' Varsity A – 2 Race
2	9:15 AM	Girls Catholic Middle School Race	12.	12:00 PM	Girls' Varsity A – 2 Race
3	9:30 AM	Boys' Frosh B Race (second team)	13.	12:20 PM	Boys' Small School Varsity Race
4	9:45 AM	Girls' Frosh B Race (second team)	14.	12:40 PM	Girls' Small School Varsity Race
5	10:00 AM	Boys' Frosh A-1 Race	15.	1:00 PM	Boys' JV A-1 Race
6	10:15 AM	Girls' Frosh A-1 Race	16.	1:20 PM	Girls' JV Race
7.	10:30 AM	Boys' Frosh A-2 Race	17.	1:40 PM	Boy's' JV A-2 Race
8.	10:45 AM	Girls' Frosh A-2 Race	18.	2:00 PM	Girl's Sophomore Race
9.	11:00 AM	Boys' Varsity A-1 Race	19.	2:20 PM	Boys' Sophomore Race
10	11:20 AM	Girls' Varsity A-1 Race			

- **Entry must be received by 9/20 to be considered.** Only the 20 smallest schools will be accepted.
- List school enrollment on the entry form IF YOU WANT TO BE CONSIDERED.
- **You must submit your team roster to:** <http://www.just-in-time-racing.com/>

SANCTIONS: This Invitational will be held under the rules of the National Federation. We have applied for sanctions from Connecticut, New York, PSAL, and NYSCHSAA.

Awards: ALL FINISHERS WILL RECEIVE A SAINT ANTHONY'S INVITATIONAL PATCH

T-shirts: Top 3 Boys' and Girls' Varsity teams and their coach, teams to be determined by 5 person average.

Plaques: Top 3 teams in all Varsity Races. Boys and Girls top team of the day.
2 Harry Croke Memorial Plaques will be awarded to the male and female with the best time of the day.
Top team in each of the JV-A, Soph A and Freshman A races.

Medals: Top 25 in all races. Top 3 teams in all A races.

Entry Fee: \$35 per team (of seven) per school - maximum \$200 for boys and \$200 for girls.
Make checks payable to: Saint Anthony's HS.

BUS FEE: Sunken Meadow will be charging a \$35.00 Bus Parking Fee (NYS Parks Department Policy)

Entry Due Date: Entries must be received by **September 20, 2010**. Earlier entries are appreciated.
Please include check or purchase order form and/or P.O. number.

Mail Above To: Donal Buckley/Director of Athletics
Saint Anthony's High School
275 Wolf Hill Road
South Huntington, New York 11747-1394

Entries May Be Faxed To: 631-549-0620

Team Rosters: You must submit your team roster to: <http://www.just-in-time-racing.com/> (do not fax)

Questions: Call Saint Anthony's High School at 631-271-2020, extension 229.

Short sleeve tee shirts (\$10) and long sleeve tee shirts (\$15) will be on sale at the Invitational.

40th ANNUAL SPRING INVITATIONAL TRACK & FIELD MEET: NEW MONDO TRACK: May 6 & 7 - 2011

