

45th Annual Nassau Coaches Cross Country Invitational

Saturday, October 15, 2011 Bethpage State Park

All Races: 5000m

Race Schedule: 1st race will start at 1:00pm. Time schedule will be published on Section VIII website (www.Trackconference.com) 1 week before and will depend on entry.

- | | | | |
|--------------|---------------|-------------------|----------------------|
| 1) Boys JV | 4) Girls Soph | 7)Boys Varsity 1 | 10) Girls Varsity 2 |
| 2) Girls JV | 5) Boys Frosh | 8)Girls Varsity 1 | 11) Boys Classified |
| 3) Boys Soph | 6)Girls Frosh | 9) Boys Varsity 2 | 12) Girls Classified |

Meet Rules:

*Scoring by NF Rules.

*You must run a varsity team in order to run a JV team.

*You may run up to seven runners in the varsity races. No limit of runners in JV, Frosh and Soph Races.

*We will have officials posted on course. Coaches and spectators are not allowed on course. No one will be permitted on the Polo Field. There will be no exceptions!!

Awards: Medals will be given to top **40** in all races. There may be more medals if numbers in JV, Frosh, and Soph races warrant. **Team awards to top 3 teams** in all Varsity, Soph and Frosh races. No team awards in JV and Classified. **Winners in the Varsity races will receive watches and the "Fastest Overall Time of the Day" from the Varsity races will receive a trophy.**

Seeding: Request for seeds should accompany entry. We will do the best we can to accommodate seeds, but final decisions will be made by Coaches Assoc. to have the most competitive races possible. The Classified Races are for teams not competing in the team scored races.

Parking: Bethpage State Park will charge for parking. You must park in the picnic area lot. The cost for cars is \$8 and the cost of Bus parking is \$75 without a pre-purchased bus pass. Section VIII teams should buy the \$35 bus pass themselves as is listed in Section VIII Cross Country Handbook. Non- Section VIII teams should purchase Bus Pass from the Nassau Coaches Assoc. and include cost on the attached entry form.

45th Annual Nassau Coaches Cross Country Invitational

Saturday, October 15, 2011 Bethpage State Park

Entry Form: Please use separate sheets for Men's and Women's teams _____

School: _____ **(Men's/Women's)** Circle one

Coach: _____ **Phone:** _____

E-mail: _____

Varsity team @ \$45per team Total: _____

Classified Varsity Number of Runners _____ @ \$6 Total: _____

JV Number of Runners _____ @ \$6 Total: _____

Soph. Number of Runners _____ @ \$6 Total: _____

Frosh. Numbers of Runners _____ @ \$6 Total: _____

Bus pass @ \$35 Total: _____

Total: _____

Reminder: Section VIII teams should buy passes according to Cross Country Handbook.

Make Checks Payable to: Nassau County Track Coaches Assoc. (NCTCA)

Send entries to:

Dave Frazer

3362 Lufberry Ave.

Wantagh, NY, 11793

Or Fax to (516) 826-1780 (between 9am and 5pm)

Call or e-mail with any questions or problems at (516) 749-3144 or mephtrack@yahoo.com