

SUFFOLK COACHES ASSOCIATION FRESHMEN SOPHOMORE CHAMPIONSHIPS

Sunken Meadow State Park

The Freshmen Sophomore Championships will be held on Saturday, October 29, 2011 at Sunken Meadow State Park. There will be six races. The first race will start at 9:00 A.M. Please be sure you have entered your roster on just-in-time-racing. Please send your entry and check to Suffolk Coaches Association and email or send a copy of the **entry only** to Rod Cawley at Port Jefferson High School.

Race times:

9:00 A.M.	Freshmen Girls	2.5 mi
9:25 A.M.	Freshmen Boys	2.5 mi
9:45 A.M.	Sophomore Girls	3.0 mi
10:15 A.M.	Sophomore Boys	3.0 mi
10:40 A.M.	JV Girls	5000m
11:10 A.M.	JV Boys	5000m

The JV race is open to juniors and seniors only.

Awards: Shirts to first 20 in Frosh./Soph. races
Medals to 21 through 50 in Frosh./Soph. races
Trophies to Championship Teams in Frosh./Soph.
Shirts to first 20 in each JV race

If you have any questions please contact either Meet Director below

Meet Directors: Rod Cawley rcawl@aol.com

Bill Maida maidaw@hauppauge.k12.ny.us

BOYS ENTRY

FRESHMEN SOPHOMORE CHAMPIONSHIPS
SUNKEN MEADOW STATE PARK, KINGS PARK, NY
SATURDAY, October 29, 2011

School _____ Phone _____

School Address _____

Coach _____ Phone _____

Email _____

The cost is \$35.00 per team or \$10.00 per individual. A team may consist of 5-7 individuals.

	<u>#Teams</u>	<u>#Ind.</u>	<u>Amount</u>
Freshmen Boys	_____	_____	_____
Sophomore Boys	_____	_____	_____
JV Boys (Ind. Only)	<u>XXXXX</u>	_____	_____
		Total	_____

Maximum Boys entry fee is \$200.00

Make checks payable to **SUFFOLK COACHES ASSOCIATION**
Mail to: P.O. Box 91
Stony Brook, NY 11790

Please also send a copy of entry or email entries to: Rod Cawley
Port Jefferson High School
350 Old Post Rd.
Port Jefferson, NY 11777
or
RCAWL@AOL.COM

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

GIRLS ENTRY

FRESHMEN SOPOMORE CHAMPIONSHIPS
SUNKEN MEADOW STATE PARK, KINGS PARK, NY
SATURDAY, October 29, 2011

School _____ Phone _____

School Address _____

Coach _____ Phone _____

Email _____

The cost is \$35.00 per team or \$10.00 per individual. A team may consist of 5-7 individuals.

	<u>#Teams</u>	<u>#Ind.</u>	<u>Amount</u>
Freshmen Girls	_____	_____	_____
Sophomore Girls	_____	_____	_____
JV Girls (Ind. Only)	<u>XXXXX</u>	_____	_____
		Total	_____

Maximum Girls entry fee is \$200.00

Make checks payable to **SUFFOLK COACHES ASSOCIATION**
Mail to: P.O. Box 91
Stony Brook, NY 11790

Please also send a copy of entry or email entries to: Rod Cawley
Port Jefferson High School
350 Old Post Rd.
Port Jefferson, NY 11777
or
RCAWL@AOL.COM

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