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## ***HOFSTRA UNIVERSITY INVITATIONAL***

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On Saturday, September 24<sup>th</sup>, 2011, Hofstra University, in conjunction with POB JFK High School, will host the Hofstra Invitational. This meet is open to all public and catholic high schools in New York State. The meet will be run at Bethpage State Park, in Farmingdale, NY. This fast, mostly flat course will offer your student-athletes an opportunity to post some fast early-season times. We are expecting a competitive field and hope to see you on the starting line!

Please complete the enclosed form and return no later than September 15, 2011 if you are interested in competing. All on-line entries must be done by September 21<sup>st</sup> (9:00pm) on [www.just-in-time-racing.com](http://www.just-in-time-racing.com).

Please contact Tony Toro at [eltorotf@optonline.net](mailto:eltorotf@optonline.net) for your password.

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Date: Saturday, September 24<sup>th</sup>, 2011

Location: Bethpage State Park – Farmingdale, NY

Schedule:	USALITF Open/Master's 5k	8:00am
	Varsity Boys 5k	9:30am
	Varsity Girls 5k	10:15am
	JV Boys 5k	11:00am
	JV Girls 5k	11:45am
	Freshmen Boys 1.5 mile race	12:30pm
	Freshmen Girls 1.5 mile race	1:00pm

Course Description: Mostly flat with a few small inclines.  
Mostly grass and wood-chipped/dirt trails (small spikes recommended)

Parking: \$8 per car/van parking fee in effect  
\$75 parking fee for buses

Results/Scoring: Top 5 runners score with the 6<sup>th</sup> and 7<sup>th</sup> runners counting as displacers  
Results available post-competition

Awards: Top 25 finishers in all races will receive awards  
Top 3 teams in the boys and girls varsity races will receive awards  
JV and freshmen races are non-scoring

Facilities: Restroom facilities will be available (no locker rooms or showers)

Entry Fee: \$100 per team (Boys and girls are considered separate teams)  
Varsity - Top 7 runners  
Junior Varsity - Unlimited  
Freshmen - Unlimited

**Please complete and return no later than September 15, 2011**

Institution: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone Number (Work/Cell): \_\_\_\_\_ / \_\_\_\_\_

Fax Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Men: \_\_\_\_\_ Women: \_\_\_\_\_ Both: \_\_\_\_\_

**Please return to:** Pete Alfano  
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Hofstra University  
135 Physical Education Building  
230 Hofstra University  
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