

**Saint Anthony's High School
41st Annual Cross Country Invitational**

Date: **Saturday, October 1, 2011**
Place: Sunken Meadow State Park, Kings Park, Long Island, New York
Distance: All races are 5K (3.1) Miles , except the Frosh Races (1.47 miles)
Time Schedule: TENTATIVE - DEPENDING ON ENTRIES

1	11:00 AM	Boys Catholic Middle School Race	11.	1:50 AM	Boys' Varsity A – 1 Race
2	11:15 AM	Girls Catholic Middle School Race	12.	2:15 PM	Girls' Varsity A – 1 Race
3	11:30 AM	Boys' Frosh B Race (second team)	13.	2:40 PM	Boys' Varsity A – 2 Race
4	11:45 AM	Girls' Frosh B Race (second team)	14.	3:05 PM	Girls' Varsity A - 2 Race
5	12:00 PM	Boys' Frosh A-1 Race	15.	3:30 PM	Boys' Small School Varsity Race
6	12:15 PM	Girls' Frosh A-1 Race	16.	3:25 PM	Girls' Small School Varsity Race
7.	12:30 PM	Boys' Frosh A-2 Race	17.	3:50 PM	Boys Junior Varsity Race
8.	12:45 PM	Girls' Frosh A-2 Race	18.	4:15 PM	Girls Junior Varsity Race
9.	1:00 PM	Boys' Sophomore Race			
10	1:25 PM	Girls' Sophomore Race			

- **Entry must be received by 9/21 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, New Jersey, North Carolina 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 Crooke 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 21, 2011**. 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.

41st ANNUAL SPRING INVITATIONAL TRACK & FIELD MEET: NEW MONDO TRACK: May 4 & 5 - 2012

