

SUFFOLK COUNTY COACHES ASSOCIATION CROSS COUNTRY INVITATIONAL

SEPTEMBER 24TH, 2011

SUNKEN MEADOW STATE PARK

KINGS PARK, NEW YORK

MEET DIRECTORS: **BILL MAIDA** **BOB LINGNER**
maidaw@hauppauge.k12.ny.us / lingnerr@hauppauge.k12.ny.us

ENTRY DEADLINE: **POSTMARKED BY:** September 14th, 2011

MAIL ENTRIES TO: **SUFFOLK COUNTY COACHES ASSOCIATION**
PO BOX 91
STONY BROOK, NY 11790

ONLINE ROSTER ENTRY: **TO SPEED UP SCORING AND RESULTS, YOU MUST SUBMIT YOUR ROSTER ONLINE AT www.just-in-time-racing.com. ONLINE ROSTERS ARE DUE BY MIDNIGHT, SEPTEMBER 18TH, 2011.**

E-MAIL MEET DIRECTORS: **PLEASE E-MAIL THE MEET DIRECTORS AS WELL AS SENDING IN YOUR ENTRY AND REGISTERING ONLINE. THIS WILL SPEED UP THE PROCESS.**

- SANCTIONING WILL BE NYSPHHSAA, CHSAA, PSAL, NYSAIS
- ONLINE TEAM ROSTER REGISTRATION REQUIRED. INSTRUCTIONS ONLINE.
- IF YOU MUST GET A PURCHASE ORDER FROM YOUR BUSINESS OFFICE, PLEASE SEND IN AN ENTRY AND THEN MAIL A SECOND WITH PAYMENT AS SOON AS POSSIBLE. FAILURE TO MEET DEADLINES WILL RESULT IN YOUR TEAM NOT BEING SEEDD PROPERLY OR ENTERED IN THE MEET.
- A SCHOOL MAY ENTER ONLY ONE VARSITY TEAM.
- AWARDS: IN EACH RACE TEE-SHIRTS TOP 10, AND MEDALS TO TOP 30. TEAM AWARD AND CHAMPIONSHIP TEES FOR 1ST PLACE. AWARD FOR BEST TIME OF THE DAY (BOY AND GIRL)
- COMMEMRATIVE LONG-SLEEVED T-SHIRTS WILL BE ON SALE.

RACE SCHEDULE: (MEET DIRECTOR CAN ADD OR ELIMINATE RACES BASED ON ENTRIES)

9:30	JIM GILHOOLEY	GIRLS FROSH "A" RACE	1.5 MILES
9:45	BILL SHELLY	GIRLS FROSH "B" RACE	1.5 MILES
10:00	VINNY ABRAMS	BOYS FROSH "A" RACE	1.5 MILES
10:15	TOM PUTNAM	BOYS FROSH "B" RACE	1.5 MILES
10:30	FRANK LA BIANCA	GIRLS SOPHOMORE RACE	5000M
10:55	HARRY SCHNEIDER	BOYS SOPHOMORE RACE	5000M
11:20	LARRY HOFFNER	GIRLS VARSITY "A" RACE	5000M
11:45	MARVIN GOLDBERG	GIRLS VARSITY "B" RACE	5000M
12:10	FRANK BENJAMIN	BOYS VARSITY "A" RACE	5000M
12:35	BILL GERHARDT	BOYS VARSITY "B" RACE	5000M
1:00	CYNTHIA QUINN	GIRLS JUNIOR VARSITY RACE	5000M
1:25	KURT PASLER	BOYS JUNIOR VARSITY RACE	5000M

Reminder that all rosters are due by September 18th, 2011

www.just-in-time-racing.com

SUFFOLK COACHES ENTRY FORM

SEPTEMBER 24TH, 2011 SUNKEN MEADOW STATE PARK, KINGS PARK, NY

SCHOOL: _____

BOYS OR GIRLS

CIRCLE ONLY ONE

USE SEPARATE ENTRY FOR EACH

COACH: _____

E-MAIL & PHONE: _____

AD Name & PHONE: _____

INDICATE THE NUMBER OF TEAMS IN EACH CATEGORY:

(A SCHOOL MAY PARTICIPATE IN ONLY ONE VARSITY RACE AND NO SCHOOL MAY ENTER A JUNIOR VARSITY RACE UNLESS THEY HAVE ENTERED A TEAM IN THE VARSITY DIVISION.)
7 ATHLETES MAKE UP A VARSITY TEAM, ALL OTHER RACES HAVE UNLIMITED NUMBERS

VARSAITY: _____ JV: _____ SOPH: _____ FROSH: _____

TOTAL TEAMS: _____ @ \$50.00 = (1)\$ _____

INDICATE THE NUMBER OF INDIVIDUALS IN EACH CATEGORY:

ONLY ENTER INDIVIDUALS IF YOU DO NOT HAVE A "TEAM" ENTERED IN AN ABOVE CATEGORY.

JV: _____ SOPH: _____ FROSH: _____

TOTAL INDIVIDUALS: _____ @ \$10.00 = (2)\$ _____

For schools outside of Suffolk County - \$35.00 (3)\$ _____

(New York State Parks Fee For Bus Entry Permit)

(Suffolk Schools Are Charged Through Section XI- Enter \$0)

For schools outside of Suffolk County - \$25.00 (4)\$ _____

Official Fees must be included.

(Suffolk Schools Are Charged Through Section XI- Enter \$0)

For Suffolk County Schools: Association Dues (\$50.00) (5)\$ _____

TOTAL FEE (Sum of lines 1-5): \$ _____

THIS IS AN ENTRY FEE, NOT A PARTICIPATION FEE!

MAIL ENTRIES TO:

SUFFOLK COUNTY COACHES ASSOC. INC
PO BOX 91
STONY BROOK, NY 11790

CHECKS PAYABLE TO

SUFFOLK COUNTY COACHES ASSOCIATION, INC.