

**Saint Anthony's High School
39th Annual Cross Country Invitational**

Date: **Saturday, October 3, 2009**
Place: Sunken Meadow State Park, Kings Park, Long Island, New York

Distance: All races are 2.5 Miles (over the bridge), except the Frosh Races (1.47 miles)

Time Schedule: TENTATIVE - DEPENDING ON ENTRIES

| | | | | | |
|----|----------|-----------------------------------|-----|----------|---|
| 1 | 9:00 AM | Boys Catholic Middle School Race | 11. | 11:40 AM | Boys' Varsity A – 2 Race |
| 2 | 9:15 AM | Girls Catholic Middle School Race | 12. | 12:00 PM | Girls' Varsity A – 2 Race |
| 3 | 9:30 AM | Boys' Frosh B Race (second team) | 13. | 12:20 PM | Boys' Small School Varsity Race |
| 4 | 9:45 AM | Girls' Frosh B Race (second team) | 14. | 12:40 PM | Girls' Small School Varsity Race |
| 5 | 10:00 AM | Boys' Frosh A-1 Race | 15. | 1:00 PM | Boys' JV A-1 Race |
| 6 | 10:15 AM | Girls' Frosh A-1 Race | 16. | 1:20 PM | Girls' JV Race |
| 7. | 10:30 AM | Boys' Frosh A-2 Race | 17. | 1:40 PM | Boys' JV A-2 Race |
| 8. | 10:45 AM | Girls' Frosh A-2 Race | 18. | 2:00 PM | Girl's Sophomore Race |
| 9. | 11:00 AM | Boys' Varsity A-1 Race | 19. | 2:20 PM | Boys' Sophomore Race |
| 10 | 11:20 AM | Girls' Varsity A-1 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.
- **We will be using computerized scoring this year. 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, 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.

Trophies: Josten's (rotating) Trophy to the top Boys team. Port Jefferson Sports (rotating) Trophy to the top Girls team.

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.

Entry Due Date: Entries must be received by **September 21, 2009**. 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.

39th ANNUAL SPRING INVITATIONAL TRACK & FIELD MEET: NEW MONDO TRACK 4/30 & 5/1 - 2009

SAINT ANTHONY'S HIGH SCHOOL CROSS COUNTRY INVITATIONAL ENTRY FORM

You must submit your team roster to: <http://www.just-in-time-racing.com/> (do not fax)

School: _____ Coach's Name: _____

Address: _____ Coach's Phone # _____

Town: _____

School Phone: _____ A.D.'s Name: _____

PLEASE NOTE: The top seven (7) individuals in each category **MUST** run in the "A" race, the next best seven (7) in that category **MUST** run in the "B" race, etc. NO JUNIOR VARSITY ENTRIES ARE PERMITTED UNLESS A VARSITY TEAM HAS ALSO BEEN ENTERED. NO FROSH B TEAMS MAY BE ENTERED UNLESS A FROSH A TEAM HAS BEEN ENTERED FIRST.

Small School Race: Please list the enrollment for the appropriate category(ies) ONLY if you would like to be considered in either of these races. Each of these races is limited to **20 teams**. All other applicant teams will be placed in an "A" race.

Boys: Grades 10, 11 & 12 (total) = _____
 Girls: Grades 10, 11 & 12 (total) = _____

| | <u>No. of Teams</u> | <u>Coach's Notes</u> |
|---------------------------------|---------------------|----------------------|
| Boys Varsity or (Small School)* | _____ | _____ |
| Boys JV-A | _____ | _____ |
| Boys JV-B (JV runners 8+) | _____ | _____ |
| Boys Soph A | _____ | _____ |
| Boys Frosh A | _____ | _____ |
| Boys Frosh B (Frosh runners 8+) | _____ | _____ |



| | | |
|----------------------------------|-------|-------|
| Girls Varsity or (Small School)* | _____ | _____ |
| Girls JV | _____ | _____ |
| Girls Soph | _____ | _____ |
| Girls Frosh A | _____ | _____ |
| Girls Frosh B (Frosh runners 8+) | _____ | _____ |
| Total Number of Teams | _____ | _____ |

TOTAL ENTRY FEE ENCLOSED/OWED: _____ **X \$35.00/Team** **Total =** _____
 (Maximum Entry Fee - \$200 for boys & \$200 for girls) _____

Include Check and/or Purchase Order with Entry

Please make checks payable to Saint Anthony's High School. Entries must be postmarked by September 21, 2009.

Mail Entries To: Mr. Don Buckley/Director of Athletics
 St. Anthony's High School
 275 Wolf Hill Road
 South Huntington, New York 11747-1394