

SUFFOLK COUNTY COACHES ASSOCIATION CROSS COUNTRY INVITATIONAL

September 26, 2009
SUNKEN MEADOW STATE PARK
KINGS PARK, NEW YORK

Meet Directors: William Maida / Bob Lingner
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ENTRY DEADLINE: POSTMARKED BY: **September 16, 2009**

MAIL ENTRIES TO: SUFFOLK COUNTY COACHES ASSOC.
PO BOX 91
STONY BROOK, NY 11790

Online Roster Entry: **CHIPS will be used you must submit your roster online at www.just-in-time-racing.com. Online Rosters are due by midnight, September 16, 2009.**

- SANCTIONING WILL BE NYSPHSAA, 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 seeded properly or entered in the meet.
- A SCHOOL MAY ENTER ONLY ONE VARSITY TEAM.
- AWARDS: In each race Tee-shirts Top 10, medals to Top 30.
Team trophy and medals to Top 3 teams in each race
Championship tees for 1st place teams
Trophy for best time of day (Boy and Girl)
- Commemorative long-sleeved T-Shirts will be on sale for \$15.

RACE SCHEDULE: GIRLS

9:30	JIM SMITH FROSH "A" RACE (BRIDGE-SNAKE-MOAT)	1.5 MILES
9:45	BILL SHELLY FROSH "B" RACE (BRIDGE-SNAKE-MOAT)	1.5 MILES
10:00	FRANK LA BIANCA SOPHOMORE RACE	5000 M
10:25	TOM PUTNAM VARSITY "C" RACE	5000 M
10:50	MARVIN GOLDBERG VARSITY "B" RACE	5000 M
11:15	LARRY HOFFNER VARSITY "A" RACE	5000 M
11:40	CYNTHIA QUINN JUNIOR VARSITY RACE	5000 M

RACE SCHEDULE: BOYS

12:15	VINNY ABRAHAMS FROSH "A" RACE (BRIDGE-SNAKE-MOAT)	1.5 MILES
12:30	TONY TORO FROSH "B" RACE (BRIDGE-SNAKE-MOAT)	1.5 MILES
12:45	HARRY SCHNEIDER SOPHOMORE RACE	5000 M
1:10	FRANK BENJAMIN VARSITY "A" RACE	5000 M
1:35	BILL GERHARDT VARSITY "B" RACE	5000 M
2:00	JIM GILHOOLEY VARSITY "C" RACE	5000 M
2:25	BOB SZYMANSKI VARSITY "D" RACE	5000 M
2:50	KURT PASLER JUNIOR VARSITY RACE	5000 M

Reminder that all rosters are due by September 16, 2009 @ www.just-in-time-racing.com

SUFFOLK COACHES INVITATIONAL ENTRY FORM

September 26, 2009 Sunken Meadow State Park, Kings Park NY

CHIPS will be used for this meet

SCHOOL: _____

BOYS OR GIRLS

CIRCLE ONLY ONE → Use a separate entry for each

COACH _____

EMAIL _____

PHONE _____

ATHLETIC DIRECTOR _____

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

Varsity _____ JV _____ SOPH _____ FROSH _____

TOTAL TEAMS _____ @ \$45.00 = _____

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 = _____

MAXIMUM ENTRY → (Unlimited Entries) \$ 180.00

TOTAL ENTRY: _____

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.
On-line rosters are due by September 16, 2009 www.just-in-time-racing