

TWENTY SECOND ANNUAL JIM SMITH MEMORIAL
INTERSCHOLASTIC CROSS-COUNTRY RUN

On Saturday, September 12, 2009 Port Jefferson High School will conduct the Twenty Second Annual Jim Smith Memorial Cross-Country Run. The meet will be held at the Sunken Meadow State Park, located in Kings Park, New York. The first event will start at 9:30 am with the Girls Freshman Race.

Many teams do not have five runners at each grade level; therefore, we will count only the score of the first three (3) runners toward the team trophies. A team may consist of 3 to 5 runners. The 4th runner will count in the case of a tie.

The races are as follows:

Freshman Girls	9:30	1.5 miles
Freshman Boys	9:45	1.5 miles
Sophomore Girls	10:00	5000m
Sophomore Boys	10:30	5000m
Junior Girls	10:55	5000m
Junior Boys	11:25	5000m
Senior Girls	11:55	5000m
Senior Boys	12:20	5000m

Awards are as follows:

Individuals: **T-shirts to top 25 finishers in all races.** Trophy for fastest time of the day in 5000 meter races for both a boy and a girl. **Medals** awarded to the first three finishers in all races.

Teams: Trophies for first 3 places in all races. **Medals will be awarded to the 1st, 2nd and 3rd place teams in all races.**

Coaches: Jackets for winning coaches in all races.

If you would like to join us on Saturday, September 12, 2009 just fill out the enclosed entry form and mail it along with your check or invoice to:

Rod Cawley .Meet Director
Port Jefferson High School
Old Post Road
Port Jefferson, New York 11777

You may also email your entry to rcawl@aol.com

(Checks should be made out to **PORT JEFFERSON HIGH SCHOOL**)

You will need to enter your roster on just-in-time-racing.com by Thursday, Sept. 10, 2009.

Rules: This meet has been sanctioned by the Section XI Athletic Council.

Rod Cawley/Don Slingerland
Meet Directors
(631) 924-9219/331-9512

ENTRY FORM

FOR: JIM SMITH MEMORIAL INTERSCHOLASTIC CROSS-COUNTRY RACE

PLACE: SUNKEN MEADOW STATE PARK, KINGS PARK, NY

DATE: SEPTEMBER 12, 2009

SCHOOL _____ PHONE _____

COACH _____ PHONE _____

PLEASE ENTER THE FOLLOWING TEAMS OR INDIVIDUALS IN THE RACES INDICATED

	#TEAMS	#IND.	AMOUNT
FRESHMAN GIRLS	_____	_____	_____
FRESHMAN BOYS	_____	_____	_____
SOPHOMORE GIRLS	_____	_____	_____
SOPHOMORE BOYS	_____	_____	_____
JUNIOR GIRLS	_____	_____	_____
JUNIOR BOYS	_____	_____	_____
SENIOR GIRLS	_____	_____	_____
SENIOR BOYS	_____	_____	_____
			TOTAL _____

COST IS \$25.00 PER TEAM OR \$7.00 PER INDIVIDUAL. A TEAM MAY CONSIST OF 3 TO 5 INDIVIDUALS.

Maximum entry \$250.00

MAKE CHECKS PAYABLE TO **PORT JEFFERSON HIGH SCHOOL**
MAIL TO:

**ROD CAWLEY
PORT JEFFERSON HIGH SCHOOL
OLD POST RD.
PORT JEFFERSON, NY 11777**

COACHES IF YOU ARE USING AN INVOICE AND SENDING IT THROUGH CHANNELS MAKE SURE YOU SEND A COPY OF YOUR ENTRY FORM AHEAD. QUESTIONS CALL(**631**) **924-9219** Rod Cawley rcawl@aol.com or **(631)** **331-9512** Don Slingerland coachsling@optonline.net

YOU WILL NEED TO SEND YOUR ROSTER BY 9/10/09 TO just-in-time-racing.com