

**Suffolk County Track Officials Association Cross
Country Invitational, Saturday, October 10, 2009**

Chips will be used for this meet

ENTRY FEE: \$110 per team-unlimited number of runners per team,\$20 per individual runner

NOTE: Boys and girls are considered separate entry fees. Maximum entry fee is \$110 for boys and \$110 for girls.

AWARDS: Custom designed Table Clocks with the meet logo on the face to the top 6 finishers in each Varsity race.
Medals to the top 25 finishers in each Varsity race, medals to the top 20finishers in all other races.

Ribbons to all other finishers.

Team plaques to the top three teams in each Varsity race, first place plaques in JV & Frosh

TIME SCHEDULE:

Girls JV	11:00	Boys Frosh	12:40
Girls Varsity "A"	11:30	Boys Varsity "A"	12:55
Girls Varsity "B"	11:55	Boys Varsity "B"	1:20
Girls Frosh	12:20	Boys JV	1:45

GENERAL INFORMATION:

1. JV runners will run the same 5K course as Varsity runners.
 2. Frosh will run a 1.5 mile course.
 - 3.. The nearest hotel is the Sheraton in Hauppauge. It is 10 minutes from the park and is right off the LIE. Call them directly at 631-231-1100.
 5. Commemorative items will be on sale the day of the meet.
 6. Each Coach will receive a meet, complimentary gift.
 7. Team must first be entered in varsity race before entering JV.
- . *This meet is sanctioned for all of New York State.

SCHOOL NAME _____

SCHOOL ADDRESS _____

COACH'S NAME & HOME PHONE _____

COACH'S E-MAIL ADDRESS _____

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All rosters must be submitted on-line by October 7, 2009

www.just-in-time-racing.com

Please enter the number of runners in each race

Girls

JV runners _ _____ (unlimited)

Varsity runners _____ (7 Max)

Frosh Runners _____ (unlimited)

Boys

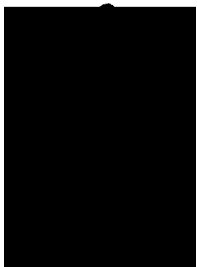
Frosh runners _____ (unlimited)

Varsity runners _____ (7Max)

JV runners _____ (unlimited)

On-line entry and paper entry are both due by October 9, 2009
****CHECK or VOUCHER MADE OUT TO (Suffolk Track Officials Assn.)**

Please mail paper entry to me: Mark Stott, 1450 5th St., West Babylon, NY 11704
(631) 587-0152 Home, (516) 317-8223 Cell
TTOTS@MSN.COM



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