

Section XI Modified Cross Country Race Procedures

Rosters must be sent as an attachment to:		eltoroff@optonline.net				
Rosters must be done as shown below, in EXCEL format						
First Name	Last Name	Gender	School	Grade		
Ariel	Tsai	f	Greenport	8		
Ashley	Estrella	f	Greenport	7		
Barbie	Lam	f	Greenport	8		
Bryan	Guan	m	Greenport	7		
Christopher	Olsen	m	Greenport	8		
All rosters will be posted at the following web-site the day prior to the race: www.just-in-time-racing.com						
Day of meet Procedures:						
There will be 5 races						
1) Boys Race -	4:00 PM					
2) Girls Race	4:15 PM					
3) Boys Race	4:30 PM					
4) Girls Race	4:45 PM					
5) Boys/Girls Race	5:00 PM					
Once you arrive at Sunken Meadow State Park you must sign up for your race. Sign up is by finish line (Trailer)						
Upon signing in you will also pick up your runners bar-codes.			Place your athlete's bar code on a 3 x 5 index card.			
Each runner must have their own 3 x 5 index card and two (2) safety pins.						
Index cards must be fasten to their running jersey.						
You must supply your own index cards and safety pins.						
Results will be posted on the trailer. Results will also be posted at: www.just-in-time-racing.com						
Questions:	Tony Toro	928-0991			eltoroff@optonline.net	
	Joe Pennacchio	592-3065				