

47th Annual Nassau Coaches Cross Country Invitational

Saturday, October 19, 2013

Meet Directors: Fred DeRuvo Mike Ringhauser

All Races: 5000m

Race Schedule: 1st race will start at 1PM. Time schedule will be published on Section VIII website (www.Trackconference.com) 1 week before and will depend on entry.

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|----------------|---------------|--------------------|---------------------|
| 1) Boys Frosh | 4) Girls Soph | 7) Boys Varsity 1 | 10) Girls Varsity 2 |
| 2) Girls Frosh | 5) Boys JV | 8) Girls Varsity 1 | |
| 3) Boys Soph | 6) Girls JV | 9) Boys Varsity 2 | |

*** an additional race will be run if entries warrant ***

Meet Rules: Scoring by NF Rules. You must run a varsity team in order to run a JV team. You may run up to seven runners in the varsity races. No limit of runners in JV, Frosh and Soph races. We will have officials posted on course. Coaches and spectators are NOT allowed on course. NO ONE will be permitted on the Polo Field. There will be NO EXCEPTIONS!!!

Awards: Medals will be given to top **40** in all races. There may be more medals if numbers in JV, Frosh and Soph races warrant. **Team awards to top 4 teams** in all Varsity. **Top 3 teams in** Soph and Frosh races. No team awards in JV. **We will have watches for the winners of the Varsity races. The FASTEST time of the day from the Varsity races will receive a trophy and a plaque for the fastest 5th runner .**

Seeding: Request for seeds should accompany entry. We will do the best we can to accommodate seeds, but final decisions will be made by Coaches Association to have the most competitive races possible. The Classified races are for teams NOT competing in the team scored races.

Parking: Bethpage State Park will charge for parking. You must park in the picnic area lot. The cost for cars is \$8 and the cost of bus parking is \$75 without a pre-purchased pass, Section VIII teams should buy the bus pass themselves as is listed in Section VIII Cross Country Handbook. Non-Section VIII teams should purchase Bus Pass from the Nassau Coaches Assoc. and include cost on the attached entry form.

Non Section VIII teams: Coaches must submit their entire roster to Mr. Bob Beer at BeerCoach@aol.com. This will help with a timely and accurate scoring of the meet.

Taxpayer ID#: 421705038

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Meet Schedule

Boys Frosh	1:00 PM
Girls Frosh	1:05 PM
Boys Soph	1:25 PM
Girls Soph	1:30 PM
Boys JV	2:00 PM
Girls JV	2:15 PM
Boys Varsity 1	2:35 PM
Girls Varsity 1	3:00 PM
Boys Varsity 2	3:25 PM
Girls Varsity 2	3:45 PM

**** All times are approximate and subject to change ****

Coaches Notes

- 1) The Polo Field is off limits to everyone except athletes racing and coaches going to and from the starting line. NO parents/spectators allowed on the Polo Field at all.
- 2) Please keep our park clean. Ask your teams to pick up your area when you leave.
- 3) There are no box assignments for any race except for the Varsity races.
- 4) Non-Section VIII teams please see Mr. Beer when you arrive to pick up your numbers. All Section VIII teams must have your numbers.
- 5) We will be giving awards for the top 4 Varsity races and the top 3 Frosh and Soph races. We will also award the fastest time of the day and the fastest '5th man' in the varsity sections.

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Entry Form: Please use separate sheets for Men's and Women's teams.

School: _____ Men's Women's (circle one)

Coach: _____ Phone: _____

E-mail: _____

Varsity team @ \$45 per team _____ Total: _____

JV _____ Number of runners _____ @ \$6 Total: _____

Soph _____ Number of runners _____ @ \$6 Total: _____

Frosh _____ Number of runners _____ @ \$6 Total: _____

Bus passes @ \$35 _____ Total: _____

Amount Due _____ Total: _____

Reminder: Section VIII teams should buy passes according to Cross Country Handbook.

Make checks payable to: Nassau County Track Coaches Assoc (NCTCA)

Taxpayer ID#: 421705038

Send entries to: Fred DeRuvo

730 Boelsen Dr

Westbury, NY 11590

Or Fax (516) 334-5461 between 9AM and 7PM (PLEASE we have a young child).

E-mail or call any questions or problems coachderuvo@gmail.com or (516) 242-007