**49th Annual Nassau Coaches XC Invitational**

**Saturday, October 17th, 2015**

**Meet Directors: Michael Ringhauser and Fred DeRuvo**

*Middle School Races will be contested at 2400 meters.*

*All other races will be contested at 5000 meters.*

Meet Rules:

1. You **must** run a varsity team in order to compete in the junior varsity race.
2. You may run up to **seven runners** in all varsity races.
3. No limit for runners in the Middle School, Freshmen, Sophomore, or JV races.
4. Section 8 schools will split the cost of officials used at the invitational.
5. Coaches and spectators are only allowed in the pre-selected areas that will be designated during the coaches meeting. At no time should anyone be on the course itself; doing so will risk disqualification for the team.

Awards:

1. Ribbons to the **Top 50** in the Middle School races.
2. Medals to the **Top 40** in Freshmen, Sophomore, JV and Varsity races.
3. Plaques to the **Top 3 Teams** in Freshmen, Sophomore and Varsity races.
4. Plaque to the **Fastest “5th Man of the Day”** in the Varsity races. (Please note that this is a team’s fastest fifth runner, not the fastest overall fifth place finisher in a varsity race!)
5. Special award to the **Fastest Overall 5,000 Meter Time of the Day**.

Seeding: Requests for seeding in the varsity races should accompany your entry. We will do the best we can to accommodate seeds, but the final decisions will be made by the Coaches Association to have the most competitive races possible. Seeds will be posted by Wednesday, October 14th on [www.just-in-time-racing.com](http://www.just-in-time-racing.com). **NO RACE ASSIGNMENTS WILL BE CHANGED ON THE DAY OF THE INVITATIONAL!**

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 listed in the Section VIII Cross Country Handbook. Non-Section VIII teams should purchase the bus pass from the Nassau Coaches Association and include the cost on the attached entry form.

Rosters:

* All middle school teams must have their runners compete with a 3x5 index card pinned to their jersey with their NAME and SCHOOL.
* All high school teams must submit their rosters to [www.just-in-time-racing.com](http://www.just-in-time-racing.com) and have their runners compete with a 3x5 index card pinned to their jersey with their NAME, SCHOOL, and ASSIGNED SECTION NUMBER.

**49th Annual Nassau Coaches Cross Country Invitational**

**Meet Schedule**

 *Middle School Coaches Meeting* *9:45 am*

 Boys Middle School Race 10:00 am

 Girls Middle School Race 10:30 am

 *High School Coaches Meeting* *10:50 am*

 Boys Freshmen Race 11:00 am

 Girls Freshmen Race 11:05 am

 Boys Sophomore Race 11:25 am

 Girls Sophomore Race 11:30 am

 Boys Junior Varsity Race 12:00 pm

 Girls Junior Varsity Race 12:15 pm

 Boys Varsity “A” Race 12:35 pm

 Girls Varsity “A” Race 1:00 pm

 Boys Varsity “B” Race 1:25 pm

 Girls Varsity “B” Race 1:45 pm

*All times are approximate and subject to change. A finalized time schedule will be posted on* [*www.just-in-time-racing.com*](http://www.just-in-time-racing.com) *by Wednesday, October 14th.*

Coaches Notes:

1. Coaches, spectators and athletes are only permitted in the locations outlined during the coaches meeting prior to the meet. Teams found in prohibited locations are subject to disqualification.
2. Please keep the park clean. Ask your teams to pick up your area prior to leaving the park. There will be many garbage cans surrounding the area!
3. There will be no box assignments for any races except for the varsity sections. Box assignments will be posted online prior to the invitational.
4. All high school teams must have their rosters submitted to Tony Toro on [www.just-in-time-racing.com](http://www.just-in-time-racing.com). All runners must have a 3x5 index card pinned to their jersey with their NAME, SCHOOL and ASSIGNED SECTION NUMBER.
5. All middle school teams must have their runners compete with a 3x5 index card pinned to their jersey with their NAME and SCHOOL.

**For Questions Contact: Michael Ringhauser, NCTCA President**

**Phone: (631) 245-1564 E-mail:** **michael.ringhauser@yahoo.com**

**49th Annual Nassau Coaches Cross Country Invitational**

**Saturday, October 17th, 2015**

**Middle School Entry: All entries must be received by Wed. October 14th.**

**School**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Circle Team(s) Competing**: Boys Team Only Girls Team Only Both

**Approximate Number Running**:Boys \_\_\_\_\_\_\_ Girls \_\_\_\_\_\_\_

**Coach**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Phone**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E-mail**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

There will be no entry fee for any middle school teams competing this year. The only charge will be for the parking pass to enter into the park. Parking passes can be purchased by your athletic director through the Coaches Association for $35.

**ADD $35 IF A BUS PASS IS NEEDED** $ \_\_\_\_\_\_\_\_\_\_

**TOTAL ENTRY FEE** $ \_\_\_\_\_\_\_\_\_\_

Checks Payable to: Nassau County Track Coaches Association (NCTCA)

Taxpayer ID: 421705038

Send Entries to: Fred DeRuvo

 730 Boelsen Drive

 Westbury, NY 11590

Or Fax: (516) 334-5461

 PLEASE ONLY FAX BETWEEN 9AM-8PM

For Questions Contact: Michael Ringhauser

 Phone: (631) 245-1564

 E-mail: michael.ringhauser@yahoo.com

**49th Annual Nassau Coaches Cross Country Invitational**

**Saturday, October 17th, 2015**

**Varsity Entry:** Please use separate sheets for your boys and girls teams.

 All entries must be received by Wednesday, October 14th.

**School**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Circle Team Competing**: Boys Team Girls Team

**Coach**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Phone**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E-mail**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Varsity Team(s)** # of Teams \_\_\_\_\_\_ x $45 = $ \_\_\_\_\_\_\_\_\_\_

**Junior Varsity** # of Runners \_\_\_\_\_\_ x $6 = $ \_\_\_\_\_\_\_\_\_\_

**Freshmen** # of Runners \_\_\_\_\_\_ x $6 = $ \_\_\_\_\_\_\_\_\_\_

**Sophomore** # of Runners \_\_\_\_\_\_ x $6 = $ \_\_\_\_\_\_\_\_\_\_

**\*\* ADD $35 IF A BUS PASS IS NEEDED \*\*** $ \_\_\_\_\_\_\_\_\_\_

 **TOTAL ENTRY:** $ \_\_\_\_\_\_\_\_\_\_

*The cost of officials will be divided between competing Section VIII schools and billed through Nassau BOCES.*

Checks Payable to: Nassau County Track Coaches Association (NCTCA)

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