

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. The scoring will be conducted via National Federation rules.
2. You **must** run a varsity team in order to compete in the junior varsity race.
3. You may run up to **seven runners** in all varsity races.
4. No limit for runners in the Middle School, Freshmen, Sophomore, or JV races.
5. Section 8 schools will split the cost of officials used at the invitational.
6. 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. **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 and have their runners compete with a 3x5 index card pinned to their jersey with their NAME, SCHOOL, and ASSIGNED SECTION NUMBER.

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Meet Schedule

<i>Middle School Coaches Meeting</i>	9:45 am
Boys Middle School Race	10:00 am
Girls Middle School Race	10:30 am
<i>High School Coaches Meeting</i>	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 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. 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

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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

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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)
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

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