

SUFFOLK COUNTY COACHES ASSOCIATION CROSS COUNTRY INVITATIONAL

SEPTEMBER 26TH, 2015

**SUNKEN MEADOW STATE PARK
KINGS PARK, NEW YORK**

MEET DIRECTORS: **Vin Ungaro** **Joe Coffey**
VinUngaro@SuffolkXCTF.com jcoffey@sachem.edu

ENTRY DEADLINE: **POSTMARKED BY: September 18th, 2015**
Have entry mailed with PO or Payment
Email entry to Vin Ungaro **BEFORE** mailing

MAIL ENTRIES TO: **SUFFOLK COUNTY COACHES ASSOCIATION**
PO BOX 91
STONY BROOK, NY 11790

ONLINE ROSTER ENTRY: **TO SPEED UP SCORING AND RESULTS, YOU MUST SUBMIT YOUR
ROSTER ONLINE AT www.just-in-time-racing.com.**
ONLINE ROSTERS ARE DUE BY MIDNIGHT, SEPTEMBER 18th, 2015.

E-MAIL MEET DIRECTORS: **PLEASE E-MAIL THE MEET DIRECTORS AS WELL AS SENDING IN
YOUR ENTRY AND REGISTERING ONLINE. THIS WILL SPEED UP
THE PROCESS.**

- SANCTIONING WILL BE NYSPHHSAA, CHSAA, PSAL, NYSAIS
- ONLINE TEAM ROSTER REGISTRATION REQUIRED. INSTRUCTIONS ONLINE.
- IF YOU MUST GET A PURCHASE ORDER FROM YOUR BUSINESS OFFICE,
PLEASE SEND IN AN ENTRY AND THEN MAIL A SECOND WITH PAYMENT AS
SOON AS POSSIBLE. FAILURE TO MEET DEADLINES WILL RESULT IN YOUR
TEAM NOT BEING SEEDED PROPERLY OR ENTERED IN THE MEET.
- A SCHOOL MAY ENTER ONLY ONE VARSITY TEAM.
- AWARDS: VARSITY - EACH RACE TEE-SHIRTS TOP 15 & MEDALS TO TOP 30.
TEAM AWARD AND CHAMPIONSHIP TEES FOR 1ST PLACE.
NON-VARSITY RACES- TEE SHIRTS TO TOP 10 & MEDALS TO TOP 25.
AWARD FOR BEST TIME OF THE DAY (BOY AND GIRL)
- COMMEMRATIVE LONG-SLEEVED T-SHIRTS WILL BE ON SALE.

RACE SCHEDULE: (MEET DIRECTOR CAN ADD OR ELIMINATE RACES BASED ON ENTRIES)

9:30	JIM GILHOOLEY	GIRLS FROSH "A" RACE	1.5 MILES
9:45	BILL SHELLY	GIRLS FROSH "B" RACE	1.5 MILES
10:00	VINNY ABRAMS	BOYS FROSH "A" RACE	1.5 MILES
10:15	TOM PUTNAM	BOYS FROSH "B" RACE	1.5 MILES
10:30	FRANK LA BIANCA	GIRLS SOPHOMORE RACE	5000M
10:55	HARRY SCHNEIDER	BOYS SOPHOMORE RACE	5000M
11:20	LARRY HOFFNER	GIRLS VARSITY "A" RACE	5000M
11:45	MARVIN GOLDBERG	GIRLS VARSITY "B" RACE	5000M
12:10	FRANK BENJAMIN	BOYS VARSITY "A" RACE	5000M
12:35	BILL GERHARDT	BOYS VARSITY "B" RACE	5000M
1:00	CYNTHIA QUINN	GIRLS JUNIOR VARSITY RACE	5000M
1:25	KURT PASLER	BOYS JUNIOR VARSITY RACE	5000M

Reminder that all rosters are due by September 18th, 2015
www.just-in-time-racing.com

SUFFOLK COACHES ENTRY FORM

SEPTEMBER 26TH, 2015 SUNKEN MEADOW STATE PARK, KINGS PARK, NY

SCHOOL: _____ BOYS OR GIRLS

CIRCLE ONLY ONE - USE SEPARATE ENTRY FOR EACH

COACH: _____

E-MAIL & PHONE: _____

AD Name & PHONE: _____

INDICATE THE NUMBER OF TEAMS IN EACH CATEGORY:

(A SCHOOL MAY PARTICIPATE IN ONLY ONE VARSITY RACE AND NO SCHOOL MAY ENTER A JUNIOR VARSITY TEAM UNLESS THEY HAVE ENTERED A TEAM IN THE VARSITY DIVISION.)

7 ATHLETES MAKE UP A VARSITY TEAM, ALL OTHER RACES HAVE UNLIMITED NUMBERS

Varsity:

JV:

SOPH:

FROSH:

TOTAL TEAMS: _____ @ \$50.00 = (1)\$ _____

INDICATE THE NUMBER OF INDIVIDUALS IN EACH CATEGORY:

ONLY ENTER INDIVIDUALS IF YOU DO NOT HAVE A "TEAM" ENTERED IN AN ABOVE CATEGORY.

JV:

SOPH:

FROSH:

TOTAL INDIVIDUALS: _____ @ \$10.00 = (2)\$ _____

For schools outside of Suffolk County - \$35.00 (2)\$ _____

(New York State Parks Fee For Bus Entry Permit)

(Suffolk Schools Are Charged Through Section XI- Enter \$0)

For schools outside of Suffolk County - \$25.00 (4)\$ _____

Official Fees must be included.

(Suffolk Schools Are Charged Through Section XI- Enter \$0)

For Suffolk County Schools: Association Dues (\$50.00) (5)\$ _____

TOTAL FEE (Sum of lines 1-5): \$ _____

THIS IS AN ENTRY FEE, NOT A PARTICIPATION FEE!

MAIL ENTRIES TO:

SUFFOLK COUNTY COACHES ASSOC. INC

PO BOX 91

STONY BROOK, NY 11790

CHECKS PAYABLE TO

SUFFOLK COUNTY COACHES ASSOCIATION, INC.