

**NASSAU COACHES XC INVITATION 10/15/08  
RACE ASSIGNMENTS, STARTING BOXES**

For JV, Soph. Frosh races, teams must report to the starting line early and pick a starting point...assisted by the starters. All runners should know which chutes their race will finish in. Rope side or board side – two chutes on each side, total of four chutes at the finish. Officials will control traffic into the chutes. Do not stop at the finish line, run/jog right into the chutes, move quickly to the end, receive a place card, have your number recorded, receive a medal if your in the top 40 (or more in some races). Bring the place card to your coach asap so he can complete a score card if applicable. Race results will be posted.

<b>Boys Class Var 2:40 PM</b>	<b>Girls Class Var 2:47 PM</b>	<b>Starting Box #1 at boards</b>	<b>Boys Varsity 3:00 PM</b>	<b>Girls Varsity 3:07 PM</b>
Port	Mass	#1	Manhasset	NoShore
Whtly	E Rock	2	Mass	MacArt
Elmont	Hewlett	3	Port	Wantagh
Lawrence	Carey	4	Farm	Farm
JFK	Plndg	5	Ocnsd	Calhoun
Roslyn	Hewlett	6	Seaford	Port
Freeport	JFK	7	S Side	Seaford
E Rock	Clarke	8	Bethpage	S Side
Jericho	Elmont	9	Is Trees	Manhasset
C.Place	Freeport	10	FIPark	Ocnsd
Carey	Lawrence	11	G City	Wheatley
NHPark	Is Trees	12	Chaminade	Bethpage
Pledg	NHPark	13	`Want	Sewanhaka
BaySide	CrPlace`	14	Hewlett	Plnvw
Copiague	Division	15	VSSouth	Jericho
Chaminade	BaySide	16	Plnvw	B Kellnbrg
Syosset	LI Luth	17	LI Luth	
	Huntington	18		
	Syosset	19		
	Fl Park	20		
Not every	school has a	full team	in each class	race/

**REMINDER: WE WILL AWARD TEAM PLAQUES IN THE CLASS RACE SO THESE SCHOOLS WILL COMPLETE A SCORE CARD AND HAND IN. IF WE LEFT YOU OUT – OR HAVE A PROBLEM, SEE BOB BARATTA OR FRED DERUVO.**