

THE 10th ANNUAL BOWDOIN PARK CROSS COUNTRY CLASSIC

Saturday, September 24, 2016 first race 10:00 am

Site of the NYS Federation Championship Meet &
NIKE Cross Nationals NY & NE Regional qualifiers

****** We will have Varsity, JV, and freshman races******

FACILITY

Bowdoin Park is a Dutchess County Park located on the banks of the beautiful Hudson River. This meet is being held on one of the premier cross country courses in NY and the North East. The Championship 5K course features a 600 meter starting area, wide trails, challenging hills and great viewing. The starting line can accommodate 300+ runners. The runners can be seen for a majority of their race. The race is run entirely on grass or trails. The freshmen race will be 3K.

LOCATION

Bowdoin Park (85 Sheafe Road, Wappingers Falls, NY) is located 10 miles south of Poughkeepsie, NY. It is 10 miles north of I-84, approximately 105 miles from Scranton PA, 85 miles from Albany NY, 40 miles from Danbury CT and 75 miles from NYC.

SANCTIONING

The meet is open to all schools in New York (inc. NYC PSAL & NY CHSAA) Connecticut, Maine, Massachusetts, New Jersey, New Hampshire, Pennsylvania, Rhode Island & Vermont. All necessary sanctions have been applied for.

RULES

National Federation of State High Schools Association (NFHS) rules apply.
NY State jewelry rule applies. Only watches are permitted to be worn.

TEAM RACES

We will have two varsity boys and two varsity girls races as well as one or two JV boys & one or two JV girl's races. In order to enter the JV race you must enter & run a Varsity team. Races will begin at 10:00 am and go off every 30 minutes. Varsity races (5K) will be followed by JV races (5K). The Freshmen races (3K) will follow the JV races.

All races will be equally seeded.

AWARDS

Individual awards will be given to the first 25 runners in each race.

(Medals only in the Freshmen races. No team scoring in the Freshmen races.)

Plaques will be awarded to the top 3 teams in each Varsity race

Tee shirts will be awarded to the 7 members & Coach of the winning team in each Varsity race.

Plaques will be awarded to the top 2 teams in each JV races

RACE SCHEDULE

10:00 am	Varsity Girls I	
10:30 am	Varsity Boys I	
11:00 am	Varsity Girls II	<i>Should any of the Varsity II races not be necessary due to entries</i>
11:30 am	Varsity Boys II	<i>the race schedule will be shifted forward</i>
12:00 pm	JV Girls I	
12:30 pm	JV Boys I	
1:00 pm	JV Girls II	<i>Should any of the JV II races not be necessary due to entries</i>
1:30 pm	JV Boys II	<i>the race schedule will be shifted forward</i>
2:00 pm	Freshmen Girls	
2:30 pm	Freshmen Boys	

PARKING

Spectator parking will be restricted to the area on the top of the hill near the park entrance. Only team busses and officials will be allowed to park at the bottom of the hill near the finish area.

There is a handicapped parking area at the bottom of the hill near the finish area.

Meet Director

Ken Kraft home 845-471-9140 cell 845-235-6880
email craftedkup@verizon.net

LINKS

Bowdoin Park

[Public Works - Parks: Bowdoin Park](#)

[Hotels](#)

[Dutchess County Tourism - Heart of the New York Hudson River Valley](#)

ENTRY

The 9th Annual Bowdoin Park Cross Country Classic will be using <http://www.milesplit.com> for all entries.

STEP 1. Go to <http://www.milesplit.com> click on Calendar; scroll down to September 24, 2016. Click on online entry under Bowdoin XC Classic and enter your athletes.

STEP 2. After you have submitted the roster of athletes on www.milesplit.com, **print** and **complete the official payment form** (below) and enclose it with your payment or voucher payable to **DCTOCA** and send to Hank Albertelli DCTOCA Treasurer(address below).

In order to be entered in the meet you must complete both Step 1 & Step 2.

Race assignments will also be posted at www.dctoca.org by Wednesday, September 21, 2016.

OUT-OF-STATE Schools MUST have their online entry in no later than 3:00 pm EDT Saturday, August 27, 2016. In order for this meet to be properly sanctioned the out-of-state team names must be submitted to NFHS 20 days prior to the meet.

No out-of-state entry will be accepted after 3:00 pm EDT Saturday, August 27, 2016.

If any out-of-state school insists on being entered in the meet after the August 27 deadline they will be subject to an additional \$50 late fee.

NY STATE Schools your online entry deadline is Friday, September 16, 2016.

No NY State entry will be accepted after Friday, September 16, 2016.

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### ENTRY FEE

|                     |                 |                                                                                                                              |
|---------------------|-----------------|------------------------------------------------------------------------------------------------------------------------------|
| Each Varsity team   | \$40.00         | only one boys and one girls team per school                                                                                  |
| Each JV team*       | \$40.00*        | unlimited teams allowed (maximum of 7 runners each team*)                                                                    |
| Each Frosh team     | \$40.00         | unlimited (minimum fee \$40 add \$6 per runner after first 7)                                                                |
| <b>School saver</b> | <b>\$160.00</b> | one Var. boys, one Var. girls, one JV boys, one JV girls<br>one Frosh boys, one Frosh girls - Maximum of 7 runners each team |

\*JV ONLY – up to 4 additional JV runners may be entered beyond the max. of 7 to a JV team. Added fee is \$6.00 each runner entered. (11 runners equals one JV team; 12 runners equals a second JV team).

\*Additional JV teams cost \$40.00 per team.

\*Once an additional JV team is submitted you have incurred the \$40.00 additional charge.

***\*\*\*Please note you are paying for the number of athletes names entered not the number of runners you bring on race day!!!***

The MAXIMUM entry per school is \$250.00.

### **The DCTOCA Tax ID # 14-1578589**

Send the completed payment form and payment to:

**Hank Albertelli, DCTOCA Treasurer**

**17 River Point Road**

**Poughkeepsie, NY 12601**

THE 10<sup>th</sup> ANNUAL BOWDOIN PARK CROSS COUNTRY CLASSIC  
Saturday, September 24, 2016

**OFFICIAL PAYMENT FORM**

This payment form must be received on or before September 16, 2016.

Please enclose payment or school voucher made out to "**DCTOCA**"

NYS Section \_\_\_\_\_ Class \_\_\_\_\_ School Enrollment \_\_\_\_\_

School \_\_\_\_\_ School Phone \_\_\_\_\_

School Address \_\_\_\_\_

Boys Coach \_\_\_\_\_ Girls Coach \_\_\_\_\_

Boys Coach email \_\_\_\_\_ Girls Coach email \_\_\_\_\_

Boys Coach Cell Phone \_\_\_\_\_ Girls Coach Cell Phone \_\_\_\_\_

|   |                              |                                     |                 |           |
|---|------------------------------|-------------------------------------|-----------------|-----------|
| 1 | <b>Varsity Boys team</b>     | <b>one 7-runner team</b>            | <b>\$40.00</b>  | \$        |
| 2 | <b>Varsity Girls team</b>    | <b>one 7-runner team</b>            | <b>\$40.00</b>  | \$        |
| 3 | <b>JV Boys</b>               | <b>each 7-runner team</b>           | <b>\$40.00</b>  | \$        |
|   | Additional JV boys           | #                                   | @ 6.00/ea       | \$        |
| 4 | <b>JV Girls</b>              | <b>each 7-runner team</b>           | <b>\$40.00</b>  | \$        |
|   | Additional JV girls          | #                                   | @ 6.00/ea       | \$        |
| 5 | <b>Freshman Boys</b>         | <b>Minimum entry</b>                | <b>\$40.00</b>  | \$        |
|   | Additional Frosh Boys        | #                                   | \$6.00          | \$        |
|   | Additional Frosh boys teams  | #                                   | \$40.00         | \$        |
| 6 | <b>Freshman Girls</b>        | <b>Minimum entry</b>                | <b>\$40.00</b>  | \$        |
|   | Additional Frosh Girls       | #                                   | \$6.00          | \$        |
|   | Additional Frosh girls teams | #                                   | \$40.00         | \$        |
|   | <b>School Saver Entry</b>    | <b>One team in all 6 categories</b> | <b>\$160.00</b> | \$        |
|   | <b>Maximum School Entry</b>  | <b>Unlimited JV and Frosh teams</b> | <b>\$250.00</b> | \$        |
|   |                              |                                     | <b>Total</b>    | <b>\$</b> |

Checks should be made payable to: **DCTOCA**

DCTOCA Tax ID # 14-1578589

**Return this form with entry fee, voucher or claim form before September 16, 2016 to:**

**Hank Albertelli, DCTOCA Treasurer**  
**17 River Point Road**  
**Poughkeepsie, NY 12601**