

**30<sup>TH</sup> Annual**  
**WESTCHESTER – ROCKLAND – DUTCHESS - PUTNAM**  
**TRACK & FIELD COACHES ASSOCIATION**  
**CROSS COUNTRY INVITATIONAL**  
**SATURDAY OCTOBER 15, 2016**  
**BOWDOIN PARK – WAPPINGER FALLS, NY**  
**(SITE OF THE 2016 FEDERATION CHAMPIONSHIPS)**  
**(Site of the 2016 Section One Championships)**

**TIME SCHEDULE (Races will be added or deleted as entries warrant)**

11:00AM	FROSH BOYS I	3000 METERS
11:10AM	FROSH GIRLS I	3000 METERS
11:20AM	JR. VARSITY BOYS I	5000 METERS
11:50PM	JR. VARSITY GIRLS I	5000 METERS
12:20PM	Varsity BOYS I	5000 METERS
12:45PM	Varsity GIRLS I	5000 METERS
1:15PM	Varsity BOYS II	5000 METERS
1:40PM	Varsity GIRLS II	5000 METERS
2:10PM	Varsity BOYS III	5000 METERS
2:35PM	Varsity GIRLS III	5000 METERS
3:05PM	Varsity BOYS IV	5000 METERS
3:30PM	Varsity GIRLS IV	5000 METERS
4:00PM	JR. VARSITY BOYS II	5000 METERS
4:30PM	JR. VARSITY GIRLS II	5000 METERS
5:00PM	FROSH BOYS II	3000 METERS
5:10PM	FROSH GIRLS II	3000 METERS

***PLEASE NOTE THAT TEAMS WILL BE ALLOWED TO RUN UP TO TEN RUNNERS IN THEIR VARSITY RACES. FIVE WILL SCORE, TWO WILL DISPLACE AND THE OTHERS WILL NOT BE FIGURED INTO THE SCORING.***

**FINAL TIME SCHEDULE AND RACE ASSIGNMENTS WILL BE POSTED AT [WWW.SECTION1TRACKXC.COM](http://WWW.SECTION1TRACKXC.COM) ON WEDNESDAY OCTOBER 12, 2016**

**RACES WILL BE ADDED OR DELETED AS ENTRIES WARRANT.**

***ALL VARSITY RACES WILL BE EQUALLY SEEDED THIS YEAR!***

Race assignments will be done on Wednesday October 12, 2016.

This meet is open to all schools in New York State, New York CHSAA, NYC PSAL and NYAIS.

All appropriate sanctions have been applied for.

**PLEASE NOTE THAT SATURDAY 10/15/16 IS A PSAT TESTING DATE!**

**PLEASE SHARE THIS INFORMATION WITH ALL XC COACHES IN YOUR SCHOOL DISTRICT. T-SHIRTS AND FOOD WILL BE ON SALE DURING THE MEET.**

**AWARDS**

1. Coaches Association Championship plaques will be awarded to the top 3 teams in each varsity race.
2. A gold medal to the winner, silver medal to 2<sup>nd</sup> and bronze medals will be given to finishers 3-30 in each Varsity Race.
3. Coaches Association plaques will be awarded to the top 2 teams in each JV and Frosh race.
4. A gold medal to the winner, silver medal to 2<sup>nd</sup> place in each JV and Frosh race and bronze medals to finishers 3-30.

**ENTRY FEES**

Each Varsity Team	\$30.00	Only one boys and one girls team per school
Each JV Team	\$30.00	Unlimited teams allowed
Each Frosh Team	\$30.00	Unlimited teams allowed

**MAXIMUM ENTRY PER SCHOOL FOR BOTH BOYS & GIRLS IS \$300.00**

**OUR ASSOCIATION TAX IDENTIFICATION # IS 20-3431952**

**PLEASE NEATLY TYPE OR PRINT THE ENTRY FORM AND MAIL BY THURSDAY SEPT. 29<sup>TH</sup>**

**SEND ENTRIES, ROSTERS AND VOUCHERS OR CHECKS TO: DAN DOHERTY**  
**E-MAIL [dohertyd@optonline.net](mailto:dohertyd@optonline.net)**  
**FAX ENTRIES TO 845-735-7278**  
**12 SUNRISE LANE**  
**PEARL RIVER, NY 10965**

**30<sup>TH</sup> Annual  
Westchester Rockland Dutchess Putnam Track & Field Coaches Association  
Cross Country Invitational  
Saturday October 15, 2016  
Bowdoin Park**

SCHOOL \_\_\_\_\_

BOYS COACH \_\_\_\_\_ EMAIL \_\_\_\_\_

GIRLS COACH \_\_\_\_\_ EMAIL \_\_\_\_\_

**ENTRY FEES**

**(PLEASE INDICATE NUMBER OF TEAMS YOU ARE ENTERING.)  
ANY SPECIAL RACE REQUESTS SHOULD BE NOTED ON THIS ENTRY BLANK  
BE SURE TO CHOOSE WHICH BLOCK OF RACE TIMES YOU PREFER!  
PLEASE NOTE THAT SATURDAY 10/15/16 IS A PSAT TESTING DATE!**

<u>GIRLS</u>	<u>BOYS</u>		<u>TOTAL</u>
_____	_____	VARSITY TEAMS @ \$30.00 PER TEAM (LIMIT 1 BOYS & 1 GIRLS TEAM PER SCHOOL)	_____
_____	_____	JV TEAMS @ \$30.00 PER TEAM (UNLIMITED TEAMS ALLOWED)	_____
_____	_____	FROSH TEAMS @ \$30.00 PER TEAM (UNLIMITED TEAMS ALLOWED)	_____
			TOTAL \$ _____

PLEASE PLACE OUR *FROSH & JV TEAMS* IN THE:

EARLY BLOCK OF RACES \_\_\_\_\_

LATE BLOCK OF RACES \_\_\_\_\_

DOES NOT MATTER \_\_\_\_\_

**MAXIMUM ENTRY FEE PER SCHOOL \$300.00**

**MAKE CHECKS PAYABLE TO: WRDTFCA  
OUR TAX IDENTIFICATION # IS 20-3431952**

**MAIL ENTRIES, CHECKS AND ROSTERS TO: DAN DOHERTY  
12 SUNRISE LANE  
PEARL RIVER, NY 10965**

**ENTRIES MAY BE E-MAILED TO: [dohertyd@optonline.net](mailto:dohertyd@optonline.net) OR  
FAXED TO 845-735-7278**

**ENTRIES MUST BE RECEIVED BY SEPTEMBER 29, 2016**

**LATE ENTRIES WILL BE REJECTED**

**REMEMBER FINAL TIME SCHEDULE AND RACE ASSIGNMENTS CAN BE FOUND AT  
[WWW.SECTION1TRACKXC.COM](http://WWW.SECTION1TRACKXC.COM) ON WEDNESDAY OCTOBER 12, 2016.**

**ONCE YOUR PAPER ENTRY HAS BEEN SENT IN, YOU MUST ENTER YOUR TEAM & ROSTER  
ON LINE AT THE FOLLOWING ADDRESS:**

**<http://ny.milesplit.com/meets/248743/info#.V5-t1WcluUk>**