

**38<sup>th</sup> Annual**  
**WESTCHESTER – ROCKLAND – DUTCHESS - PUTNAM**  
**TRACK & FIELD COACHES ASSOCIATION**  
**CROSS COUNTRY INVITATIONAL**  
**SATURDAY OCTOBER 18, 2025**  
**\*\*\*\*BOWDOIN PARK WAPPINGERS FALLS, NY\*\*\*\***  
**(SITE OF 2025 NY FEDERATION/NXN REGIONAL CHAMPIONSHIPS)**  
**(SITE OF THE 2025 SECTION ONE CHAMPIONSHIPS)**

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

10:00AM	FROSH BOYS I	2400 METERS
10:15AM	FROSH GIRLS I	2400 METERS
10:30AM	JR. VARSITY BOYS I	5000 METERS
11:00PM	JR. VARSITY GIRLS I	5000 METERS
11:30PM	Varsity BOYS I	5000 METERS
11:55PM	Varsity GIRLS I	5000 METERS
12:25PM	Varsity BOYS II	5000 METERS
12:50PM	Varsity GIRLS II	5000 METERS
1:20PM	Varsity BOYS III	5000 METERS
1:45PM	Varsity GIRLS III	5000 METERS
2:15PM	JR. VARSITY BOYS II	5000 METERS
2:45PM	JR. VARSITY GIRLS II	5000 METERS
3:15PM	FROSH BOYS II	2400 METERS
3:30PM	FROSH GIRLS II	2400 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 ON NYMILESPLOT AND THE SECTION ONE CROSS COUNTRY SPORTSYOU PAGE ON WEDNESDAY OCTOBER 15, 2025**

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

***ALL VARSITY RACES WILL BE EQUALLY SEEDED.***

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

**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 team 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	\$50.00	Only one boys and one girls team per school
Each JV Team	\$50.00	Unlimited teams allowed
Each Frosh Team	\$50.00	Unlimited teams allowed

**38<sup>th</sup> Annual  
Westchester Rockland Dutchess Putnam Track & Field Coaches Association  
Cross Country Invitational  
Saturday October 18, 2025  
BOWDOIN PARK**

**SCHOOL** \_\_\_\_\_

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

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

**(PLEASE INDICATE NUMBER OF TEAMS YOU ARE ENTERING.)  
ANY SPECIAL RACE REQUESTS SHOULD BE NOTED ON THIS ENTRY BLANK**

<u><b>GIRLS</b></u>	<u><b>BOYS</b></u>		<u><b>TOTAL</b></u>
_____	_____	<b>VARSITY TEAMS @ \$50.00 PER TEAM (LIMIT 1 BOYS &amp; 1 GIRLS TEAM PER SCHOOL)</b>	_____
_____	_____	<b>JV TEAMS @ \$50.00 PER TEAM (UNLIMITED TEAMS ALLOWED)</b>	_____
_____	_____	<b>FROSH TEAMS @ \$50.00 PER TEAM (UNLIMITED TEAMS ALLOWED)</b>	_____
			<b>TOTAL \$</b> _____

**MAXIMUM ENTRY FEE PER SCHOOL \$400.00**

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

**MAIL ENTRIES & CHECKS TO:**  
**PAT DRISCOLL  
15 DUTCH HILL ROAD  
ORANGEBURG, NY 10962**

**THE COST FOR OFFICIALS WILL BE BILLED VIA BOCES TO ALL SECTION ONE SCHOOLS**

**ENTRIES MAY BE E-MAILED TO: PDRISCOLL@SOCSD.ORG**

**ENTRIES (HARD COPY) MUST BE RECEIVED BY OCTOBER 10, 2025. NO LATE ENTRIES!**

**REMEMBER FINAL TIME SCHEDULE AND RACE ASSIGNMENTS CAN BE FOUND AT NYMILESPLOT OR THE SECTION ONE CROSS COUNTRY COACHES SPORTSYOU PAGE ON WEDNESDAY OCTOBER 15, 2025.**

**ONCE YOUR PAPER ENTRY HAS BEEN SENT IN, YOU MUST ENTER YOUR TEAM & ROSTER ON LINE AT ATHLETIC.NET. ONLINE ENTRIES WILL CLOSE AT 11:59PM ON THURSDAY 10/16/25**

