

## 31<sup>st</sup> Annual

# SUFFERN HIGH SCHOOL CROSS COUNTRY INVITATIONAL BEAR MOUNTAIN STATE PARK

SATURDAY, SEPTEMBER 17<sup>th</sup>, 2016

**VARSITY RACES:** There will be four varsity races (2 boys' and 2 girls'). A school may participate in only one varsity boys and one varsity girl's race. Fields for each race will be determined through seeding and blind draw. Depending on the meet entry, an additional varsity boys' and/or girls' race may be added.

**JV RACE:** There will be two junior varsity races (1 boys' and 1 girls'). A school must be represented in the varsity race to compete in the junior varsity race. A school may enter multiple teams of seven runners each.

**SOPHOMORE RACE:** There will be one sophomore boys' race. A school must be represented in the varsity race to compete in the sophomore race. A school may enter multiple teams of seven runners each.

**FRESHMAN RACES:** There will be two freshman races (1 boys' and 1 girls'). A school must be represented in the varsity race in order to compete in the freshman race. A school may enter multiple teams as long as each team has seven runners.

**AWARDS:** Awards will be given on the following basis and presented after each race. The top twenty-five individuals in each race will receive medals. The top three teams in each varsity race will receive plaques. The top three teams in all races will receive medals (7). The winning teams in JV, sophomore and freshman races will receive a trophy. The fastest individual boy and girl of the day will receive a plaque.

**DIRECTIONS TO BEAR MOUNTAIN FROM THE TAPPAN ZEE BRIDGE:** New York State Thruway to Exit 13 (Palisades Parkway North) to Bear Mountain traffic circle (about 20 miles). Follow the signs for the Bear Mountain Inn. School buses MAY use the Parkway.

**ENTRY:** Meet in online at <http://ny.milesplit.com/meets/245463> Enter/Edit roster and input into races. Enter races you desire, and be sure all athletes are entered in a race. Runners can switch races, they are not bound to the one they were entered.

**ENTRY FEE:** All races are for each varsity, junior varsity, sophomore, or freshman team. Make checks or purchase orders payable to SUFFERN TRACK.

**ENTRY DEADLINE:** Entries, along with a typed roster, must be received by Monday, September 12<sup>th</sup>. Entries received after the deadline may be rejected. You may fax your entry to (845-357-4947), if necessary, along with the appropriate claim form or purchase order. Please note: This is an entry fee, not a participation fee. Your school will be held responsible for this fee whether you participate in the meet or not. ***Be certain to send Jeff your entry so he knows which races to put you in.***

### ORDER OF RACES

8:00	Boys Sophomore Race	3.0 miles
8:20	Boys Freshman Race	1.5 miles
8:25	Girls Freshman Race	1.5 miles
8:40	Boys Junior Varsity Race	3.0 miles
9:00	Girls Junior Varsity Race	3.0 miles
9:25	Boys Varsity A Race	3.0 miles
9:45	Girls Varsity A Race	3.0 miles
10:10	Boys Varsity B Race	3.0 miles
10:30	Girls Varsity B Race	3.0 miles

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**ENTRY FORM**

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

*Fax Number* \_\_\_\_\_ *Address* \_\_\_\_\_

*Boy's Coach* \_\_\_\_\_ *Girl's Coach* \_\_\_\_\_

*Home Phone* \_\_\_\_\_ *Home Phone* \_\_\_\_\_

*Boyl's Email \*\** \_\_\_\_\_ *Girl's Email \*\** \_\_\_\_\_

**NUMBER OF TEAMS**

Boys' Freshman Race	at \$40.00
Girls' Freshman Race	at \$40.00
Boys' Sophomore Race	at \$40.00
Boys' Junior Varsity Race	at \$40.00
Girls' Junior Varsity Race	at \$40.00
Boys' Varsity Race	at \$40.00
Girls' Varsity Race	at \$40.00

Total Entry Fee

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Please make check or purchase order payable to: **SUFFERN TRACK**

**MAIL ENTRY TO:** *Jeff Dempsey  
Suffern High School  
49 Viola Road  
Suffern, NY 10901*

For further information, call Jeff Dempsey.

School – (845) 357-3800 x 352    Cell – (845) 304-7817    School Fax – (845) 357-4947

Email – [jdempsey@ramapocentral.net](mailto:jdempsey@ramapocentral.net)

**Please enter the meet on <http://ny.milesplit.com/meets/245463>:  
and send the ENTRY to Jeff Dempsey.**