

Suffolk County Track Officials Association Cross Country Invitational Saturday, October 12, 2019

ENTRY FEE: \$150 per team-unlimited number of runners per team, \$20 per individual runner

NOTE: Boys and girls are considered separate entry fees. Maximum entry fee is \$150 for boys and \$150 for girls.

AWARDS: Long sleeve tee shirts to the top 12 finishers in each Varsity race. Medals to the top 50 finishers in each Varsity race, medals to the top 20 finishers in all other races. Ribbons to all other finishers.
Team plaques to the top three teams in each Varsity race, first place plaques in JV & Frosh.

TIME SCHEDULE:

Girls JV	10:00	Boys Frosh	11:25
Girls Varsity	10:35	Boys Varsity	11:45
Girls Frosh	11:05	Boys JV	12:10

GENERAL INFORMATION:

1. JV runners will run the same 5K course as Varsity runners.
 2. Frosh will run a 1.5 mile course over the bridge.
 3. The nearest hotels are the Radisson Hotel in Hauppauge and Hampton Inn LI in Commack. These hotels are approximately 10 minutes from the park.
 4. Long sleeve custom tee shirts will be on sale.
 5. Team must first be entered in varsity race before entering JV.
 6. Toll at Sunken Meadow State Park bus entry fee is \$35 with state permit, and \$75 without state permit.
(apply to state parks for a permit a few weeks ahead at (631) 321-3515)
- *This meet is sanctioned for all of New York State.

SCHOOL NAME _____
 SCHOOL ADDRESS _____
 COACH'S NAME & HOME PHONE _____
 COACH'S HOME ADDRESS _____
 COACH'S E-MAIL ADDRESS _____

All rosters must be submitted on-line by October 8, 2019

www.just-in-time-racing.com

Enter the number of runners in each race/**Be accurate as possible!!**

Girls		Boys	
JV runners	# _____ (unlimited)	Frosh runners	# _____ (unlimited)
Varsity runners	# _____ (7 Max)	Varsity runners	# _____ (7 Max)
Frosh Runners	# _____ (unlimited)	JV runners	# _____ (unlimited)

On-line entry and paper entry are both due by October 9, 2019

****CHECK or VOUCHER MADE OUT TO (Suffolk Track Officials Assn.)**

An entry requires payment: even if team does not show up.

Please mail paper entry to: Glen Peterson, 466 Hunter Ave. West Islip, NY, 11795

Phone 631 422-5169, cell 631 398-6331

Email cpetersonm@gmail.com

