

39TH NASSAU COACHES X-C INVITATIONAL
1:00 PM, SATURDAY, OCTOBER 15, 2005
@ BETHPAGE STATE PARK, All races - 5000 METERS

TIME SCHEDULE

1:00 PM BOY'S JUNIOR VARSITY
1:14 PM GIRL'S JUNIOR VARSITY
1:28 PM BOY'S SOPHOMORE**
1:42 PM BOY'S FRESHMEN**
1:56 PM GIRL'S FRESHMEN**
2:10 PM GIRL'S SOPHOMORE**
2:40 PM BOY'S CLASS VARSITY
2:54 PM GIRL'S CLASS VARSITY

SEEDED VARSITY RACES

3:08 PM BOY'S VARSITY B-1
3:22 PM GIRL'S VARSITY G-1
3:36 PM BOY'S VARSITY B-2
3:50 PM GIRL'S VARSITY G-2
4:04 PM BOY'S VARSITY B-3
4:18 PM GIRL'S VARSITY G-3 - IF NECESSARY***

****Boys/Girls Freshmen and Sophomore races could be combined if entries warrant. Separate chutes would be designated for both the Freshmen and Sophomores. IF NECESSARY, additional Freshmen and/or Sophomore races could be added. A Freshmen is an athlete in Ninth grade for the first time, or an S&C runner; a Sophomore is an athlete in his/her second year of high school or younger**

*****A THIRD varsity girl's race will be added if entries warrant.**

You can run a team in the Seeded Varsity race (7 runners only) and have athletes run in the Classified Varsity race (UNLIMITED ENTRIES) as well.

Because this is a SAT Saturday, the Varsity races do not start until 2:40 PM.

AWARDS: Nassau Coaches medals to the top 40 finishers in all races. Team awards only in the five varsity races, and the frosh and soph races. Plaques to top three teams, and team medals to top five teams in varsity races only. No team medals in frosh/soph. Watches will be awarded to the individual winner of races each SEEDED VARSITY RACE. (EXCLUDES classified)

MEET RULES: Scoring by NF Rules. A Seeded Varsity Team consists of SEVEN runners, a school must run a varsity in order to run a JV. A team can run a Varsity, a Classified Varsity, and a JV team. No limit to number of runners in Classified Varsity or JV. Please keep the park and bathrooms clean. Course closes at 12:30 PM. We have officials posted all along the course. Coaches are not allowed on the course. Everyone must park in the picnic area lot. No discharging or pickup of passengers at the entrance to the Polo Field. LISPC charges for parking. No exceptions. Each coach must hand in a scorecard and place cards ASAP after each race so we can print results. Results will be posted on the RV near the finish line. Packets will be available for pickup upon arrival. **EVERYONE KEEP OFF THE POLO FIELD. Nassau teams MUST use their numbers.**

SEEDING: Requests for seeds should accompany this entry, use a separate sheet if necessary. We will do the best we can to separate seeds, and then randomly assign teams to races. The time schedule is tight and must be adhered to because of the crossover at the start.

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SCHOOL	BOYS	GIRLS
COACH	PHONE	
EMAIL	FAX	
SEEDED VARSITY TEAMS (ONLY TOP 7) @ \$40.00		TOTAL
CLASS VARSITY TEAMS (TOP 7) @ \$35.00		TOTAL
ADDITIONAL CLASS VARSITY RUNNERS @ \$5.00		TOTAL
JV NUMBER OF RUNNERS @ \$5.00	TOTAL	
SOPH..... NUMBER OF RUNNERS @ \$5.00	TOTAL	
FROSH..... NUMBER OF RUNNERS @ \$5.00	TOTAL	

Accurate counts please!!

BUS PARKING TICKETS * SEE BELOW* # _____ AT \$35.00 = TOTAL

LATE ENTRY FEE - \$25.00 (If sent after October 11th _ All entries close October 13th) TOTAL AMOUNT DUE: _____

CHECKS PAYABLE TO N.C.T.C.A. TOTAL \$

***Section VIII schools must purchase tickets themselves as in Section VIII guide. We will buy the tickets for all other schools but YOU MUST ADD the fee to your bill. This makes it easier for you, and tickets purchased at the gate cost \$75. We pay \$35 and will get you the tickets. ON ALL WEEKENDS THE PARKS CHARGE CARS \$8 OR AN EMPIRE PASS. NO PARKING ON ROADS. TICKETS ARE ISSUED BY PARK POLICE. PLEASE INFORM PARENTS, SPECTATORS.**

MAIL TO: TODD WOLIN, 29 HEATHER LANE, LEVITTOWN, NY 11756
FAX TO: (516) 796-5955
E-MAIL TO: HIGHJUMP@OPTONLINE.NET
Home PHONE: (516) 796-5855

ENTRIES MUST BE RECEIVED BY TUESDAY OCTOBER 11th.
ENTRIES RECEIVED AFTER OCTOBER 11th ARE CONSIDERED LATE.
LATE ENTRIES PAY A \$25.00 LATE FEE.
No ENTRIES will be accepted after OCTOBER 13th

+++AS USUAL, WE WILL SELL COMMERATIVE TEE SHIRTS.