

Colonial Invitational

Saturday October 6, 2007

Southaven Park, Shirley NY

Location: The park is located off Victory Avenue (Two way spur) just off of Sunrise Highway between Horseblock Road and William Floyd Parkway (County Road 46).

Facility: Suffolk County Parks, adequate restrooms for both athletes and spectators.

Entry Fee: \$35.00 per team, per race.

Entry Deadline: On-line rosters are due by Monday October 1, 2007.
www.Just-in-Time-Racing.com

Course: The 5000-meter course is fast and flat throughout Southaven Park, it is entirely on dirt trails and grass. The modified and freshman course will be 1.5 miles.

Concession Stand: Refreshments and T-Shirts will be sold.

Awards: Team trophies will be awarded to 1st, 2nd and 3rd in each varsity and JV races. Individual medals will be awarded to the top 25 in the varsity, JV, freshmen and modified races.

Team Scoring: Teams will score 5 runners out of possible 7 entered in all races. (You must enter a varsity team of 7 before any other entries) The JV, freshman, modified races will unlimited entries.

Tentative Race Schedule: Races will start at 9am

9:00	Modified Boys
9:20	Modified Girls
9:40	Freshman Boys
10:00	Freshman Girls
10:20	Varsity Boys 5K
10:40	Varsity Girls 5K
11:00	JV Boys 5K
11:20	JV Girls 5K

Races will be added at the varsity level if needed upon number of entries.

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School: _____ School Phone: _____

School Fax Number: _____

School Address: _____

State: _____ Zip: _____

Boys Coach: _____ Home Phone: _____

Girls Coach: _____ Home Phone: _____

Please note: All races are \$35.00 per team

Number of teams

Modified Boys _____ at \$35.00 = _____

Modified Girls _____ at \$35.00 = _____

Boy Freshman _____ at \$35.00 = _____

Girls Freshman _____ at \$35.00 = _____

Varsity Boys _____ at \$35.00 = _____

Varsity Girls _____ at \$35.00 = _____

JV Boys _____ at \$35.00 = _____

JV Girls _____ at \$35.00 = _____

Total Entry Fee= _____

Please make checks or purchase order payable to:
William Floyd Road Runners
P.O. Box 670
Mastic Beach, NY 11951

School 631-874-1137 Home 631-878-0332 Cell Phone 631-786-4668