

THE 3rd ANNUAL BOWDOIN PARK CROSS COUNTRY CLASSIC

Saturday, September 26, 2009 first race 11:00 am

Site of the NYS Federation Championship Meet &
NIKE Cross Nationals NY & NE Regional qualifiers

FACILITY

Bowdoin Park is a Dutchess County Park located on the banks of the beautiful Hudson River. This meet is being held on one of the premier cross country courses in NY and the North East. The 5-K course features a 600 meter starting area, wide trails, challenging hills and great viewing. The starting line can accommodate 300+ runners. The runners can be seen for a majority of their race. The race is run entirely on grass or trails.
Spectators will not be allowed on the course.

LOCATION

Bowdoin Park is located 10 miles south of Poughkeepsie, NY. It is 10 miles north of I-84, approximately 105 miles from Scranton PA, 85 miles from Albany NY, 40 miles from Danbury CT and 75 miles from NYC. Map quest 85 Sheafe Road, Wappingers Falls, NY for directions

RULES

National Federation of State High Schools Association (NFHS) rules apply. NY State jewelry rule applies. Only watches are permitted to be worn.

TEAM RACES

We hope to have no more than 25 teams in each Varsity race.

We will have several varsity boys and girls races as well as one or two JV boys & one or two JV girl's races. In order to enter the JV race you must enter & run a Varsity team. Races will begin at 11:00 am and go off every 30 minutes. Varsity races will be followed by JV races.

SEEDED RACE

There will be a Seeded Varsity boy's and a Seeded Varsity girl's race. Send a team resume with as much information as possible so the Games Committee can make the best decision. Send your seeded race request and resume to the meet director, Ken Kraft at nytrackofficial@verizon.net or snail mail it to Ken Kraft, 15 Rosalind Road, Poughkeepsie, NY 12601. In order to fill the seeded race your team may be entered without requesting entry. The Games committee will set the field for the seeded race based upon the most recent team rankings available online and the submitted requests.

AWARDS

Individual awards will be given to the first 25 runners in each race.

For all Varsity and JV races team awards will be presented to the top three teams.

Tee shirts will be awarded to the 7 members of the winning team in each Varsity race.

RACE SCHEDULE

11:00 am	Varsity Girls I	
11:30 am	Varsity Boys I	
12:00 pm	Varsity Girls Seeded	
12:30 pm	Varsity Boys Seeded	
1:00 pm	Varsity Girls II	<i>Should any of the Varsity II races not be necessary due to entries</i>
1:30 pm	Varsity Boys II	<i>the race schedule will be shifted forward</i>
2:00 pm	JV Girls I	
3:00 pm	JV Boys I	
3:30 pm	JV Girls II	
4:00 pm	JV Boys II	

PARKING

Spectator parking will be restricted to the area on the top of the hill near the park entrance. Only team busses and officials will be allowed to park at the bottom of the hill near the finish area.

There is a handicapped parking area at the bottom of the hill near the finish area.

The park does not open until 9:00 am. Please do not arrive earlier than 9:00 am

Meet Director

Ken Kraft work 845-483-7070 home 845-471-9140 cell 845-235-6880
email nytrackofficial@verizon.net

LINKS

Bowdoin Park

[Public Works - Parks: Bowdoin Park](#)

[Dutchess County Tourism - Heart of the New York Hudson River Valley](#)

ENTRY

The 3rd Annual Bowdoin Park Cross Country Classic will be using electronic entries. We will not accept any hard copy or paper entries.

Entry is a simple 2 step process

STEP 1. All entries must be made using www.onlineentries.com Coaches are responsible for entering all runners who will be participating in the meet. If you have questions about the online entries you can email your questions to Pat Leone at pat@leonetiming.com

STEP 2. After you have entered your athletes with www.onlineentries.com print and complete the official payment form, enclose it with your payment or voucher payable to **DCTOCA**

Race assignments will also be posted at www.dctoca.org and www.finishright.com on Thursday Sept 18.

OUT-OF-STATE Schools MUST have their online entry in no later than 3:00 pm EDT Friday, September 4, 2009. In order for this meet to be properly sanctioned the out-of-state team names must be submitted to NFHS 20 days prior to the meet.

No out-of-state entry will be accepted after 3:00 pm EDT Friday, September 4, 2009.

If any out-of-state school insists on being entered in the meet after the September 4 deadline they will be subject to an additional \$50 late fee.

NY STATE Schools your online entry deadline is Friday, September 18, 2009.

No NY State entry will be accepted after Friday, September 18, 2009.

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**The ENTRY FEE for each Varsity and JV team is \$40 per team or \$140 for a school (total of 4 teams with a maximum of 7 runners each team).**

**Additional Entries: ALL entries over 7 regardless of Varsity or JV (*whether an individual team or school entry*) require an additional entry fee of \$1.50 for EACH runner entered with [onlineentries.com](http://onlineentries.com) whether they run or not. Once an additional athletes name is entered on [onlineentries.com](http://onlineentries.com) you have incurred the \$1.50 additional charge.**

Send the completed payment form and payment to:

Bob Homko  
26 Thames Road  
Poughkeepsie, NY 12603-6833

THE 3<sup>rd</sup> ANNUAL BOWDOIN PARK CROSS COUNTRY CLASSIC  
Saturday, September 26, 2008

**OFFICIAL PAYMENT FORM**

This payment form must be received on or before September 21, 2009.

Please enclose payment or school voucher made out to "**DCTOCA**"

Public\_\_\_\_\_ Parochial/Private\_\_\_\_\_ NYS Section \_\_\_\_\_ Class\_\_\_\_\_ Enrollment\_\_\_\_\_

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

School Address\_\_\_\_\_

Boys Coach\_\_\_\_\_ Girls Coach\_\_\_\_\_

Boys Coach email\_\_\_\_\_ Girls Coach email\_\_\_\_\_

Boys Coach Cell Phone\_\_\_\_\_ Girls Coach Cell Phone\_\_\_\_\_

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|                                     |         |          |
|-------------------------------------|---------|----------|
| Varsity Boys Team one 7 person team | \$40.00 | \$ _____ |
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|                                      |         |          |
|--------------------------------------|---------|----------|
| Varsity Girls Team one 7 person team | \$40.00 | \$ _____ |
|--------------------------------------|---------|----------|

|                            |         |          |
|----------------------------|---------|----------|
| JV Boys each 7 person team | \$40.00 | \$ _____ |
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|                             |         |          |
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| JV Girls each 7 person team | \$40.00 | \$ _____ |
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|------------------------------------------------------------------------------------------|----------|----------|
| School entry (one team in all 4 categories)<br>(Maximum 28 entries on onlineentries.com) | \$140.00 | \$ _____ |
|------------------------------------------------------------------------------------------|----------|----------|

**Additional entries**

|                                                                                                                                                                                             |                                 |          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|----------|
| <u>ALL</u> entries over 7 regardless of Varsity or JV require<br>an additional entry fee of \$1.50 for <b>EACH</b> runner<br><u>entered</u> with onlineentries.com whether they run or not. | <b>BOYS</b> _____ @ \$1.50 ea.  | \$ _____ |
|                                                                                                                                                                                             | <b>GIRLS</b> _____ @ \$1.50 ea. | \$ _____ |

|       |          |
|-------|----------|
| TOTAL | \$ _____ |
|-------|----------|

Checks should be made payable to: **DCTOCA**

Return this form with entry fee, voucher or claim form before September 21, 2009 to:  
Bob Homko  
26 Thames Road  
Poughkeepsie, NY 12603-6833