

THE 13th ANNUAL BOWDOIN PARK CROSS COUNTRY CLASSIC

Saturday, September 28, 2019 first race 10:00 am

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

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 Northeast. The Championship 5K 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. The freshmen race will be 3K.

Bowdoin Park (85 Sheafe Road, Wappingers Falls, NY) 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.

SANCTIONING

The meet is open to all schools in New York (inc. NYC PSAL & NY CHSAA) Connecticut, Maine, Massachusetts, New Jersey, New Hampshire, Pennsylvania, Rhode Island & Vermont. All necessary sanctions have been applied for.

RULES

National Federation of State High Schools Association (NFHS) rules apply.

NY State jewelry rule applies. No Jewelry!!! Only watches are permitted to be worn.

TEAM RACES

We will have two varsity boys and two varsity girl's races as well as 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 10:00 am and go off every 30 minutes. Varsity races (5K) will be followed by JV races (5K). The Freshmen races (3K) will follow the JV races.

All races will be equally seeded.

AWARDS

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

(Medals only in the Freshmen races. No team scoring in the Freshmen races.)

Plaques will be awarded to the top 3 teams in each Varsity race

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

Plaques will be awarded to the top 2 teams in each JV races

RACE SCHEDULE

10:00 am Varsity Girls I
10:30 am Varsity Boys I
11:00 am Varsity Girls II
11:30 am Varsity Boys II
12:00 pm JV Girls I
12:30 pm JV Boys I
1:00 pm JV Girls II
1:30 pm JV Boys II
2:00 pm Freshmen Girls
2:30 pm Freshmen Boys

*Should any of the Varsity II races not be necessary due to entries
the race schedule will be shifted forward*

*Should any of the JV II races not be necessary due to entries
the race schedule will be shifted forward*

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.

Meet Director

Ken Kraft home 845-471-9140 cell 845-235-6880
email craftedkup@verizon.net

LINKS

Bowdoin Park

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

Hotels

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

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## **ENTRY**

The 13<sup>th</sup> Annual Bowdoin Park Cross Country Classic will be using <http://www.milesplit.com> for all entries.

**STEP 1.** Go to <http://www.milesplit.com> click on Calendar; scroll down to September 28, 2019. Click on online entry under Bowdoin XC Classic and enter your athletes.

**STEP 2.** After you have submitted the roster of athletes on [www.milesplit.com](http://www.milesplit.com), **print** and **complete the official payment form** (below) and enclose it with your payment or voucher payable to **DCTOCA** and send to Hank Albertelli DCTOCA Treasurer (address below).

**DO NOT MAKE ANY PAYMENT TO MILESPLIT.COM. Payment for entry into the meet MUST BE MADE USING THE OFFICIAL PAYMENT FORM BELOW!!!**

**STEP 3.** Make sure you have entered the: School Name, the teams entered (Varsity, boys &/or girls, JV, the number of runners, boy &/or girl and Freshmen, the number of runners, boy &/or girl). **This information MUST be entered on the Officials Payment Form below.**

**In order to be entered in the meet you must complete both Step 1, Step 2 & Step 3**

**OUT-OF-STATE Schools MUST have their online entry in no later than 3:00 pm EDT Thursday, September 5, 2019.** 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 Thursday, September 5, 2019

If any out-of-state school insists on being entered in the meet after the September 5, 2019 deadline, they will be subject to an additional \$50 late fee; **which is the fee NFHS charges us for a late out of state entry.**

**NY STATE Schools your online entry deadline is Thursday, September 19, 2019.**

No NY State entry will be accepted after Thursday, September 19, 2019.

Race assignments will be posted at [www.dctoca.org](http://www.dctoca.org) by Wednesday, September 25, 2019.

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ENTRY FEE

Each Varsity team	\$40.00	only one boys and one girls team per school
Each JV team*	\$40.00*	unlimited teams allowed (maximum of 7 runners each team*)
Each Frosh team	\$40.00	unlimited (minimum fee \$40 add \$6 per runner after first 7)
School saver	\$160.00	one Var. boys, one Var. girls, one JV boys, one JV girls one Frosh boys, one Frosh girls - Maximum of 7 runners each team

*JV ONLY – up to 4 additional JV runners may be entered beyond the max. of 7 to a JV team. The fee for those additional runners is \$6.00 for each runner entered. (12 runners equal a second JV team).

*Additional JV teams cost \$40.00 per team.

*Once an additional JV team is submitted you have incurred the \$40.00 additional charge.

******Please note you are paying for the number of athlete's names entered not the number of runners you bring on race day!!!***

The MAXIMUM entry per school is \$250.00. That includes 1 Varsity Boys, 1 Varsity Girls Teams & unlimited JV Boys & Girls and Freshmen Boys & Girls entries.

The DCTOCA Tax ID # 14-1578589

Send the completed payment form and payment to:

Hank Albertelli, DCTOCA Treasurer

17 River Point Road

Poughkeepsie, NY 12601

THE 13th ANNUAL BOWDOIN PARK CROSS COUNTRY CLASSIC
Saturday, September 28, 2019

OFFICIAL ENTRY FORM

This form must be received on or before Thursday, September 19, 2019.

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

School _____

School Address _____

Boys Coach _____ Girls Coach _____

Boys Coach email _____ Girls Coach email _____

Boys Coach Cell Phone _____ Girls Coach Cell Phone _____

1	Varsity Boys team	one 7-runner team	\$40.00	\$
2	Varsity Girls team	one 7-runner team	\$40.00	\$
3	JV Boys	each 7-runner team	\$40.00	\$
	Additional JV boys	#	@ 6.00/ea	\$
4	JV Girls	each 7-runner team	\$40.00	\$
	Additional JV girls	#	@ 6.00/ea	\$
5	Freshman Boys	Minimum entry	\$40.00	\$
	Additional Frosh Boys	#	\$6.00	\$
	Additional Frosh boys teams	#	\$40.00	\$
6	Freshman Girls	Minimum entry	\$40.00	\$
	Additional Frosh Girls	#	\$6.00	\$
	Additional Frosh girls teams	#	\$40.00	\$
	School Saver Entry	One team in all 6 categories	\$160.00	\$
	Maximum School Entry	Unlimited JV and Frosh teams	\$250.00	\$
			Total	\$

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

DCTOCA Tax ID # 14-1578589

Return this form with entry fee, voucher or claim form before September 19, 2019 to:

Hank Albertelli, DCTOCA Treasurer

17 River Point Road

Poughkeepsie, NY 12601

Or email it to: craftedkup@verizon.net