

42nd NASSAU COACHES X-C INVITATIONAL
1:00 PM, SATURDAY, OCTOBER 17th, 2009
@ BETHPAGE STATE PARK, All races - 5000 METERS

FAST COURSE; CHALLENGING, NO ROADS ON THE COURSE, LAST 1000 METERS IN VIEW AROUND THE POLO FIELD. Updated Polo Field Area. Digital Clocks at the Finish. Bethpage course is similar to the State Meet course at SUNY Plattsburg.

RACE ORDER: A TIME SCHEDULE AND OTHER INFORMATION WILL BE ON OUR WEBSITE OCT. 15TH THE MEET STARTS AT 1:00pm, FIRST VARSITY RACE IS ABOUT 2:40 pm

BOYS J.V.	<u>SEEDED VARSITY RACES</u>
GIRLS J.V.	BOYS VARSITY -B1-
BOYS SOPHOMORE**	GIRLS VARSITY -G1-
GIRLS FRESHMEN**	BOYS VARSITY -B2-
BOYS FRESHMAN**	
GIRLS SOPHOMORES**	GIRLS VARSITY -G2-
BOYS CLASS VARSITY	BOYS VARSITY -B3-
GIRLS CLASS VARSITY	GIRLS VARSITY -G3- if entries warrant!

AWARDS: Nassau Coaches medals to the top 40 finishers in all races. Team awards in the varsity races, and the frosh and soph races. Plaques to top three teams in varsity, classified, and frosh/soph races and team medals to the winning teams in varsity races only. No team medals in frosh/soph. Watches will be awarded to the individual winner of 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, and a JV team. No limit to number of runners in JV race. Please keep the park and bathrooms clean. Course closes at 12:30 PM. Officials posted all along the course. Coaches are not allowed on the course – except in designated areas.(No spectators 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. All parking is in the picnic area parking lot.

SCORING: Non-Section 8 teams must send in their rosters. We will issue numbers for these athletes- pickup upon arrival. ALL runners must wear their numbers. 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. Meet souvenir for head coaches. **EVERYONE KEEP OFF THE POLO FIELD.**

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 portion of the course that leads into and out of the woods. (about 300 meters with two way traffic)

***Placement in Classified Varsity races is entirely up to the seeding committee. Strength of team and size of school is important, as is the size of the race and balance of all races of the day.**

****Boys/Girls Freshmen or Sophomore races could be combined if entries warrant. Separate chutes would be designated for each category. Additional Freshmen 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 the second year of high school for the first time.**

42nd. NCTCA XC INVITATION OCT. 17th. 2009

SCHOOL _____ BOYS _____ GIRLS _____

COACH _____ PHONE _____
EMAIL _____ FAX _____

SEEDED VARSITY TEAMS @ \$45.00 _____ TOTAL _____
CLASS VARSITY.NUMBER OF 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 - \$20.00 (If sent after October 10th – All entries close October 13th)

TOTAL AMOUNT DUE: CHECKS PAYABLE TO N.C.T.C.A. inc. TOTAL \$ _____

TAX ID # if required by your business office: 42 170 5038 Submit early so business office can encumber funds due for the entry. Note...our NYS Tax ID number above.

***Section VIII schools must purchase tickets themselves as in Section VIII guide. We will buy the tickets for all other schools-but they MUST ADD the fee to their bill. This makes it easier for you, and tickets purchased at the gate cost \$75. We pay \$35 and will send you the parking tickets. ON ALL WEEKENDS THE PARK CHARGES CARS \$8 OR AN EMPIRE PASS. NO PARKING ON ROADS. TICKETS ARE ISSUED BY PARK POLICE. PLEASE INFORM PARENTS & SPECTATORS. The course no longer crosses the road into the parking lot. The ticket booth is at the entrance to the Polo Field. No discharging or pickup of athletes on the roads. The picnic area parking lot is the designated area for drop-off/pickup. Handicapped parking with ID-only!
All vehicles must park in the picnic area parking lot. POLICE ARE ON DUTY AT THE BOOTH.**

**MAIL TO: BOB BARATTA, 154 HIAWATHA DRIVE, BAY SHORE NY 11706
FAX TO: 631-666 8490 EMAIL: Bobrun8@msn.com **Non-sec.8 schools email your roster to beercoach@aol.com, using the form available on our web site www.sectionviiiixctf.com. We will assign numbers to your squad and have them available for you in your team packet.**

**SOUVENIER TEE SHIRTS WITH SPECIAL WOMENS CUT TEES- WILL BE ON SALE.
THE PARK FOOD VENDOR WILL SELL FOOD AND DRINKS. Course map on our website.
Pickup a team packet upon arrival. All info including scoring, format included and posted.**