

# 2019 RED RAIDER RUN

**FRIDAY, SEPTEMBER 6TH**

Dear Coach,

We would like to invite your team to compete in the 32nd annual RED RAIDER RUN Cross Country Invitational on Friday September 6, 2019 at Bear Mountain State Park. Last year Chris and I took over the meet as co-meet directors and we had a very successful meet. We will make every effort to make this year's meet even better for your team. We will again be using computerized scoring this year. To accomplish this, each school must submit a typed team roster with your entry.

As we have in the past several years, the meet will be held at Bear Mountain State Park. If you have not raced there before, it is a 3.0 mile course that is mostly paved. It has a few rolling hills, one challenging hill at the 1.5 mile mark and a fast last mile. We have a Freshman Race (1.8 miles), a Junior Varsity Race (3.0 miles), and a Varsity Race. It is a great way to open your 2019 season, hope to see you there!

Sincerely,

Brian Diglio & Chris Lent, Co-Meet Directors

**for more info call either:**

**Brian Diglio: (845) 662-1181**

**Chris Lent (845) 216-4832**

**Or e-mail: [bdiglio@northrockland.org](mailto:bdiglio@northrockland.org)**

**PLEASE INCLUDE A TYPED TEAM ROSTER WITH YOUR ENTRY**

**ENTRIES MUST BE IN OUR HANDS BY FRIDAY, AUGUST 30TH**

## **NOTES FOR COACHES:**

1. You must start a complete varsity team (5), in order to enter a team in the JV race.
2. Red Raider Run T-shirts will be on sale at the snack stand.
3. Gatorade and water will be on sale at the snack stand.
4. Individual medals will be given out at the END OF THE CHUTE.
5. INDIVIDUAL AWARDS:
  - Medals to the Top 20 Finishers in Varsity races.
  - Medals to the Top 10 Finishers in JV and Freshman races.
6. TEAM AWARDS:
  - Medals to the top team in each varsity race.
  - Plaques to the top 2 teams in each varsity race.
  - Plaques to the top team in each JV & freshman race.
7. SCORING:

Each athlete will wear their assigned # during the race – ON THEIR CHEST After the race, when the athletes enter the chute, they will tear off the bottom of their # containing the bar code sticker and hand it to the official collecting the strip that has the sticker on it. Results should be posted within 15 minutes of the end of the race!
8. RACE SCHEDULE:
  - PARK OPENS FOR INSPECTION @ 1:00pm
  - 4:00 pm Girls Freshman Race 1.8 miles
  - 4:20 pm Boys Freshman Race 1.8 miles
  - 4:40 pm. Girls Varsity Race 3 miles
  - 5:05 pm. Boys Varsity Race 3miles
  - 5:30 pm. Girls JV Race 3 miles
  - 5:55 pm. Boys JV Race 3 miles
9. Races will be added or deleted as needed. Races will be seeded, setup, and assigned randomly.
10. Directions to Bear Mtn. State Park: Take Rt 9W to the Park entrance, the start is located in front of the carousel, finish line is located on the south side of the Inn.

**RACES WILL BE ADDED OR DELETED AS NEEDED.**

**RACES WILL BE SET UP AT RANDOM.**

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# RED RAIDER RUN ENTRY FORM 2019

School \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip Code: \_\_\_\_\_

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

Cell Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Girls Coach: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ E-mail : \_\_\_\_\_

Athletic Director's Name \_\_\_\_\_

Ad's Office phone # \_\_\_\_\_

**YOU MUST RUN A COMPLETE VARSITY TEAM (5) IN ORDER TO ENTER A TEAM IN A JV RACE.**

**Enter as many teams as you want in the Fr & JV races. Only 7 athletes per team please.**

**Only 1 Varsity Boys & 1 Varsity Girls team may be entered**

Boys Freshman Race  x \_\_\_\_\_ @ \$40.00 = \_\_\_\_\_

Boys JV Race  X \_\_\_\_\_ @ \$50.00 = \_\_\_\_\_

Boys Varsity Race (1 team)  \_\_\_\_\_ @ \$50.00 = \_\_\_\_\_

Girls Freshman Race  X \_\_\_\_\_ @ \$40.00 = \_\_\_\_\_

Girls JV Race  X \_\_\_\_\_ @ \$40.00 = \_\_\_\_\_

Girls Varsity Race (1 team) \_\_\_\_\_ @ \$50.00 = \_\_\_\_\_

TOTAL = \_\_\_\_\_

Please make checks payable to & send entry to:

HAVERSTRAW-STONY POINT CSD (North Rockland High School)

106 Hammond Road, Thiells, NY 10984 (school address ATTN: BRIAN DIGLIO)

E-Mail: [bdiglio@northrockland.org](mailto:bdiglio@northrockland.org) (you may e-mail your entry)

TAX ID # 13-6007129

***ENTRY IN OUR HANDS BY FRIDAY AUGUST 30TH***