

23RD Annual
WESTCHESTER – ROCKLAND – DUTCHESS - PUTNAM
TRACK & FIELD COACHES ASSOCIATION
CROSS COUNTRY INVITATIONAL
SATURDAY OCTOBER 24, 2009
BOWDOIN PARK

(SITE OF THE 2009 NXN NORTHEAST & NY REGIONAL RACES!!
(Site of the 2009 Section One Championships)

THERE IS NO CONFLICT WITH THE PSAT TEST THIS YEAR

TIME SCHEDULE (Races will be added or deleted as entries warrant)

10:00AM	FROSH BOYS	2500 METERS
10:15PM	FROSH GIRLS	2500 METERS
10:30AM	VARSITY BOYS I	5000 METERS
11:00AM	VARSITY GIRLS I	5000 METERS
11:30AM	VARSITY BOYS II	5000 METERS
12:00PM	VARSITY GIRLS II	5000 METERS
12:30PM	VARSITY BOYS III	5000 METERS
1:00PM	VARSITY GIRLS III	5000 METERS
1:30PM	JR. VARSITY BOYS	5000 METERS
2:00PM	JR. VARSITY GIRLS	5000 METERS

FINAL TIME SCHEDULE AND RACE ASSIGNMENTS WILL BE POSTED AT
WWW.SECTION1TRACKXC.COM ON WEDNESDAY OCTOBER 21, 2009

ALL THREE VARSITY RACES WILL BE EQUALLY SEEDED THIS YEAR!.

Race assignments will be done on Wednesday October 21, 2009.

This meet is open to all schools in New York State, New York CHSAA and NYC PSAL.

All appropriate sanctions have been applied for.

PLEASE SHARE THIS INFORMATION WITH ALL XC COACHES IN YOUR SCHOOL DISTRICT. T-SHIRTS AND FOOD WILL BE ON SALE DURING THE MEET.

AWARDS

1. Coaches Association Championship plaques will be awarded to the top 3 teams in each varsity race.
2. A gold medal to the winner, silver medal to 2nd and bronze medals will be given to finishers 3-30 in each Varsity Race.
3. Coaches Association plaques will be awarded to the top 2 teams in each JV and Frosh race.
4. A gold medal to the winner, silver medal to 2nd place in each JV and Frosh race and bronze medals to finishers 3-30.

ENTRY FEES

Each Varsity Team	\$30.00	Only one boys and one girls team per school
Each JV Team	\$30.00	Unlimited teams allowed
Each Frosh Team	\$30.00	Unlimited teams allowed

MAXIMUM ENTRY PER SCHOOL FOR BOTH BOYS & GIRLS IS \$250.00
OUR ASSOCIATION TAX IDENTIFICATION # IS 20-3431952

PLEASE NEATLY TYPE OR PRINT THE ENTRY FORM AND MAIL BY TUESDAY SEPT. 29TH

SEND ENTRIES, ROSTERS AND VOUCHERS OR CHECKS TO: DAN DOHERTY
FAX: 845-620-3904
E-MAIL: dohertyd@optonline.net
PEARL RIVER HS
PEARL RIVER, NY 10965

23RD Annual
Westchester Rockland Dutchess Putnam Track & Field Coaches Association
Cross Country Invitational
Saturday October 24, 2009
Bowdoin Park

SCHOOL _____

BOYS COACH _____ **EMAIL** _____

GIRLS COACH _____ **EMAIL** _____

ENTRY FEES

(PLEASE INDICATE NUMBER OF TEAMS YOU ARE ENTERING.)
ANY SPECIAL RACE REQUESTS SHOULD BE NOTED ON THIS ENTRY BLANK

<u>GIRLS</u>	<u>BOYS</u>		<u>TOTAL</u>
_____	_____	 VARSITY TEAMS @ \$30.00 PER TEAM (LIMIT 1 BOYS & 1 GIRLS TEAM PER SCHOOL)	_____
_____	_____	 JV TEAMS @ \$30.00 PER TEAM (UNLIMITED TEAMS ALLOWED)	_____
_____	_____	 FROSH TEAMS @ \$30.00 PER TEAM (UNLIMITED TEAMS ALLOWED)	_____
			TOTAL \$ _____

MAXIMUM ENTRY FEE PER SCHOOL \$250.00

MAKE CHECKS PAYABLE TO: WRDTFCA
OUR TAX IDENTIFICATION # IS 20-3431952

MAIL ENTRIES, CHECKS AND ROSTERS TO: **DAN DOHERTY**
PEARL RIVER HIGH SCHOOL
275 E. CENTRAL AVE.
PEARL RIVER, NY 10965

ENTRIES MAY BE FAXED TO: 845-620-3904 (ATTENTION: DAN DOHERTY)
ENTRIES MAY BE E-MAILED TO: dohertyd@optonline.net

ENTRIES MUST BE RECEIVED BY SEPTEMBER 29, 2009
LATE ENTRIES WILL BE REJECTED

REMEMBER FINAL TIME SCHEDULE AND RACE ASSIGNMENTS CAN BE FOUND AT
WWW.SECTION1TRACKXC.COM ON WEDNESDAY OCTOBER 21, 2009.