

33RD Annual
WESTCHESTER – ROCKLAND – DUTCHESS - PUTNAM
TRACK & FIELD COACHES ASSOCIATION
CROSS COUNTRY INVITATIONAL
SATURDAY OCTOBER 19, 2019
BOWDOIN PARK – WAPPINGER FALLS, NY
(SITE OF THE 2019 FEDERATION CHAMPIONSHIPS)
(Site of the 2019 Section One Championships)

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

11:00AM	FROSH BOYS I	3000 METERS
11:10AM	FROSH GIRLS I	3000 METERS
11:20AM	JR. VARSITY BOYS I	5000 METERS
11:50PM	JR. VARSITY GIRLS I	5000 METERS
12:20PM	Varsity BOYS I	5000 METERS
12:45PM	Varsity GIRLS I	5000 METERS
1:15PM	Varsity BOYS II	5000 METERS
1:40PM	Varsity GIRLS II	5000 METERS
2:10PM	Varsity BOYS III	5000 METERS
2:35PM	Varsity GIRLS III	5000 METERS
3:05PM	Varsity BOYS IV	5000 METERS
3:30PM	Varsity GIRLS IV	5000 METERS
4:00PM	JR. VARSITY BOYS II	5000 METERS
4:30PM	JR. VARSITY GIRLS II	5000 METERS
5:00PM	FROSH BOYS II	3000 METERS
5:10PM	FROSH GIRLS II	3000 METERS

PLEASE NOTE THAT TEAMS WILL BE ALLOWED TO RUN UP TO TEN RUNNERS IN THEIR VARSITY RACES. FIVE WILL SCORE, TWO WILL DISPLACE AND THE OTHERS WILL NOT BE FIGURED INTO THE SCORING. PLEASE NOTE THAT SATURDAY 10/19/19 IS A PSAT TESTING DATE!

FINAL TIME SCHEDULE AND RACE ASSIGNMENTS WILL BE POSTED AT WWW.SECTION1TRACKXC.COM ON WEDNESDAY OCTOBER 16, 2019

RACES WILL BE ADDED OR DELETED AS ENTRIES WARRANT.

ALL VARSITY RACES WILL BE EQUALLY SEEDED THIS YEAR!

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

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. PLEASE ALERT PARENTS THAT THERE WILL BE A \$10.00 PARKING FEE CHARGED TO ENTER BOWDOIN PARK.

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	\$40.00	Only one boys and one girls team per school
Each JV Team	\$40.00	Unlimited teams allowed
Each Frosh Team	\$40.00	Unlimited teams allowed

MAXIMUM ENTRY PER SCHOOL FOR BOTH BOYS & GIRLS IS \$300.00

OUR ASSOCIATION TAX IDENTIFICATION # IS 20-3431952

PLEASE NEATLY TYPE OR PRINT THE ENTRY FORM AND MAIL BY THURSDAY OCT, 3RD

SEND ENTRIES & VOUCHERS OR CHECKS TO:

E-MAIL dohertyd@optonline.net

FAX ENTRIES TO 845-735-7278

DAN DOHERTY

12 SUNRISE LANE

PEARL RIVER, NY 10965

**33RD Annual
Westchester Rockland Dutchess Putnam Track & Field Coaches Association
Cross Country Invitational
Saturday October 19, 2019
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
BE SURE TO CHOOSE WHICH BLOCK OF RACE TIMES YOU PREFER!**

<u>GIRLS</u>	<u>BOYS</u>		<u>TOTAL</u>
_____	_____	VARSITY TEAMS @ \$40.00 PER TEAM (LIMIT 1 BOYS & 1 GIRLS TEAM PER SCHOOL)	_____
_____	_____	JV TEAMS @ \$40.00 PER TEAM (UNLIMITED TEAMS ALLOWED)	_____
_____	_____	FROSH TEAMS @ \$40.00 PER TEAM (UNLIMITED TEAMS ALLOWED)	_____
			TOTAL \$ _____

PLEASE PLACE OUR *FROSH & JV TEAMS* IN THE:

EARLY BLOCK OF RACES _____

LATE BLOCK OF RACES _____

DOES NOT MATTER _____

MAXIMUM ENTRY FEE PER SCHOOL \$300.00

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

MAIL ENTRIES, CHECKS AND TO:

**DAN DOHERTY
12 SUNRISE LANE
PEARL RIVER, NY 10965**

**ENTRIES MAY BE E-MAILED TO: dohertyd@optonline.net OR
FAXED TO 845-735-7278**

ENTRIES MUST BE RECEIVED BY OCTOBER 03, 2019

LATE ENTRIES WILL BE REJECTED

REMEMBER FINAL TIME SCHEDULE AND RACE ASSIGNMENTS CAN BE FOUND AT

WWW.SECTION1TRACKXC.COM ON WEDNESDAY OCTOBER 16, 2019.

**ONCE YOUR PAPER ENTRY HAS BEEN SENT IN, YOU MUST ENTER YOUR TEAM & ROSTER
ON LINE AT THE FOLLOWING ADDRESS: <http://ny.milesplit.com/meets/362891/registration>**

