

24TH Annual
WESTCHESTER – ROCKLAND – DUTCHESS - PUTNAM
TRACK & FIELD COACHES ASSOCIATION
CROSS COUNTRY INVITATIONAL
SATURDAY OCTOBER 23, 2010
LAKESIDE PARK – PAWLING, NY
(SITE OF THE 2010 NYSPHSAA CHAMPIONSHIPS)
(Site of the 2010 Section One Championships)

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

10:30AM	FROSH BOYS I	2500 METERS
11:45AM	FROSH GIRLS	2500 METERS
11:00AM	JR. VARSITY BOYS I	5000 METERS
11:30AM	JR. VARSITY GIRLS I	5000 METERS
12:00PM	VARSAITY BOYS I	5000 METERS
12:30PM	VARSAITY GIRLS I	5000 METERS
1:00PM	VARSAITY BOYS II	5000 METERS
1:30PM	VARSAITY GIRLS II	5000 METERS
2:00PM	FROSH BOYS II	2500 METERS
2:15PM	FROSH GIRLS II	2500 METERS
2:30PM	JR. VARSITY BOYS II	5000 METERS
3:00PM	JR. VARSITY GIRLS II	5000 METERS
3:30PM	VARSAITY BOYS III	5000 METERS
4:00PM	VARSAITY GIRLS III	5000 METERS
4:30PM	VARSAITY BOYS IV	5000 METERS
5:00PM	VARSAITY GIRLS IV	5000 METERS

FINAL TIME SCHEDULE AND RACE ASSIGNMENTS WILL BE POSTED AT
WWW.SECTIONITRACKXC.COM ON WEDNESDAY OCTOBER 20, 2010

Schools will be placed into either the early block of races (10:30am-1:30pm)
or the late block of races (2:00pm-5:00pm) Please mark your choice on the entry when you return it.

ALL VARSITY RACES WILL BE EQUALLY SEEDED THIS YEAR!.

Race assignments will be done on Wednesday October 20, 2010.

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 \$300.00

OUR ASSOCIATION TAX IDENTIFICATION # IS 20-3431952

PLEASE NEATLY TYPE OR PRINT THE ENTRY FORM AND MAIL BY TUESDAY SEPT. 28TH

SEND ENTRIES, ROSTERS AND VOUCHERS OR CHECKS TO: DAN DOHERTY
FAX: 845-620-3904 **12 SUNRISE LANE**
E-MAIL: dohertyd@optonline.net **PEARL RIVER, NY 10965**

**24TH Annual
Westchester Rockland Dutchess Putnam Track & Field Coaches Association
Cross Country Invitational
Saturday October 23, 2010
Lakeside 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 @ \$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 \$ _____

PLEASE PLACE OUR 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 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 28, 2010
LATE ENTRIES WILL BE REJECTED**

**REMEMBER FINAL TIME SCHEDULE AND RACE ASSIGNMENTS CAN BE FOUND AT
WWW.SECTION1TRACKXC.COM ON WEDNESDAY OCTOBER 20, 2010.**

