

## 25<sup>th</sup> Annual

# SUFFERN HIGH SCHOOL CROSS COUNTRY INVITATIONAL BEAR MOUNTAIN STATE PARK SATURDAY, SEPTEMBER 11<sup>TH</sup>, 2010

**VARSITY RACES:** There will be six varsity races (3 boys and 3 girls). A school may participate in only one varsity boys and one varsity girls race. Fields for each race will be determined through seeding and blind draw.

**JV RACE:** There will be two junior varsity races (1 boy's and 1 girl's). A school must be represented in the varsity race to compete in the junior varsity race. A school may enter multiple teams of seven runners each.

**SOPHOMORE RACE:** There will be one sophomore boy's race. A school must be represented in the varsity race to compete in the sophomore race. A school may enter multiple teams of seven runners each.

**FRESHMAN RACES:** There will be three freshman races (2 boy's and 1 girl's). A school must be represented in the varsity race to compete in the freshman race. A school may enter multiple teams as long as each team has seven runners.

**AWARDS:** Awards will be given on the following basis and presented after each race. The top twenty-five individuals in each race will receive medals. The top three teams in each varsity race will receive plaques. The top three teams in all races will receive medals (7). The winning teams in JV, sophomore and freshman races will receive a trophy. The fastest individual boy and girl of the day will receive a plaque.

**DIRECTIONS TO BEAR MOUNTAIN FROM THE TAPPAN ZEE BRIDGE:** New York State Thruway to Exit 13 (Palisades Parkway North) to Bear Mountain traffic circle (about 20 miles). Follow the signs for the Bear Mountain Inn. School buses MAY use the Parkway.

**ENTRY FEE:** All races are for each varsity, junior varsity, sophomore, or freshman team. Make checks or purchase orders payable to **SUFFERN HIGH SCHOOL**.

**ENTRY DEADLINE:** Entries, along with a typed roster, must be received by Friday, September 4<sup>th</sup>. Entries received after the deadline will be rejected. Entries may be faxed (845-357-4947), if necessary, along with the appropriate claim form or purchase order. Please note: This is an entry fee, not a participation fee. Your school will be held responsible for this fee whether you participate in the meet or not. The roster may be sent as an email attachment, if desired, to [runsmom3@aol.com](mailto:runsmom3@aol.com). We absolutely must have your roster in advance in order for your team to participate in the meet.

### **ORDER OF RACES**

8:00	Boys Sophomore Race	3.0 miles
8:25	Boys Freshman A Race	1.5 miles
8:30	Boys Freshman B Race	1.5 miles
8:35	Girls Freshman Race	1.5 miles
8:50	Boys Junior Varsity Race	3.0 miles
9:10	Girls Junior Varsity Race	3.0 miles
9:35	Boys Varsity A Race	3.0 miles
9:55	Girls Varsity A Race	3.0 miles
10:20	Boys Varsity B Race	3.0 miles
10:40	Girls Varsity B Race	3.0 miles
11:05	Boys Varsity C Race	3.0 miles
11:25	Girls Varsity C Race	3.0 miles

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**SUFFERN HIGH SCHOOL CROSS COUNTRY INVITATIONAL  
BEAR MOUNTAIN STATE PARK  
SATURDAY, SEPTEMBER 11<sup>TH</sup>, 2011**

ENTRY FORM

School \_\_\_\_\_ School Phone \_\_\_\_\_

Fax Number \_\_\_\_\_ Address \_\_\_\_\_

Boy's Coach \_\_\_\_\_ Home Phone \_\_\_\_\_

Girl's Coach \_\_\_\_\_ Home Phone \_\_\_\_\_

Email \*\* \_\_\_\_\_ (You will receive a confirmation that entry was received.)

NUMBER OF TEAMS

Boy's Freshman Race	at \$40.00
Girl's Freshman Race	at \$40.00
Boy's Sophomore Race	at \$40.00
Boy's Junior Varsity Race	at \$40.00
Girl's Junior Varsity Race	at \$40.00
Boy's Varsity Race	at \$40.00
Girl's Varsity Race	at \$40.00

Total Entry Fee

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Please Make Check of Purchase Order payable to: **SUFFERN HIGH SCHOOL**

MAIL TO: **Joe Biddy  
Suffern High School  
49 Viola Road  
Suffern, NY 10901**

For further information, call Joe Biddy.

School – (845) 357-3800 Home – (845) 323-8542 School Fax – (845) 357-4947  
Home Fax – (845) 639-1949

**Reminder:** Rosters must be received in order for your team to participate.  
You may email your roster to:  
[runrmom3@aol.com](mailto:runrmom3@aol.com)