

48th Annual Nassau Coaches XC Invitational

Saturday, October 18th, 2014

Meet Directors: Michael Ringhauser and Fred DeRuvo

**MIDDLE SCHOOL RACES WILL BE CONTESTED AT 2400 METERS!
ALL OTHER RACES WILL BE CONTESTED AT 5000 METERS!**

Meet Rules:

1. The scoring will be conducted via National Federation rules.
2. You must run a varsity team in order to compete in the junior varsity race.
3. You may run up to seven runners in all varsity races.
4. No limit of runners in the Middle School, Freshmen, Sophomore or JV races.
5. Section 8 schools will split the cost of officials used at the invitational.
6. Coaches and spectators are only allowed in pre-selected areas that will be designated during the coaches meeting. At no time should anyone be on the course itself, which could result in disqualification.

Awards:

1. Ribbons to the **Top 50** in both Middle School races.
2. Medals to the **Top 40** in the Freshmen, Sophomore, JV and Varsity races.
3. Plaques to the **Top 3** teams in all Freshmen, Sophomore and Varsity races.
4. Plaque to the **FASTEST 5th MAN of the DAY** in the Varsity section.
5. Special Award to the **FASTEST OVERALL TIME of the DAY (Varsity)**.

Seeding: Requests for seeding in the varsity races should accompany your entry. We will do the best we can to accommodate seeds, but the final decisions will be made by the Coaches Association to have the most competitive races possible. Seeds will be posted by Wednesday, October 15th on the Section VIII website.

<http://www.trackconference.com/athletics/index.cfm?1>

Parking: Bethpage State Park will charge for parking. You must park in the picnic area lot. The cost for cars is \$8 and the cost of bus parking is \$75 without a pre-purchased pass. Section VIII teams should buy the bus pass themselves as is listed in the Section VIII Cross Country Handbook. Non-Section VIII teams should purchase the bus pass from the Nassau Coaches Association and include the cost on the attached entry form.

Rosters:

- All high school teams must submit their rosters to www.just-in-time-racing.com and have their runners compete with a 3x5 index card pinned to their jersey with their NAME, SCHOOL and ASSIGNED NUMBER. Labels with that information can be printed off the website for Section 8 and 11 schools or can be handwritten.
- All middle school teams must have their runners compete with a 3x5 index card pinned to their jersey with their NAME and SCHOOL.

48th Annual Nassau Coaches Cross Country Invitational **Meet Schedule**

<i>Middle School Coaches Meeting</i>	<i>11:45 am</i>
Boys Middle School	12:00 pm
Girls Middle School	12:30 pm
<i>High School Coaches Meeting</i>	<i>12:50 pm</i>
Boys Freshmen	1:00 pm
Girls Freshmen	1:05 pm
Boys Sophomore	1:25 pm
Girls Sophomore	1:30 pm
Boys Junior Varsity	2:00 pm
Girls Junior Varsity	2:15 pm
Boys Varsity "A"	2:35 pm
Girls Varsity "A"	3:00 pm
Boys Varsity "B"	3:25 pm
Girls Varsity "B"	3:45 pm

All times are approximate and subject to change. A finalized time schedule will be posted on the Section VIII website on Wednesday, October 15th.

Coaches Notes:

1. Remember that all coaches, spectators and athletes are only permitted in the locations outlined during the coaches meeting prior to the meet. Teams found in prohibited locations are subject to disqualification.
2. Please keep the park clean. Ask your teams to pick up your area prior to leaving the park. There will be many garbage cans surrounding the area!
3. There will be no box assignments for any races except the varsity races. Box assignments for the varsity will be posted on the Section VIII website.
4. All high school teams must have their rosters submitted to Tony Toro on www.just-in-time-racing.com. **All runners should have a 3x5 index card pinned to their jersey with their NAME, SCHOOL and ASSIGNED JUST-IN-TIME NUMBER.** Labels can be printed out from the website to be placed on the cards, but will not be provided at the meet.
5. All middle school teams should have their runners compete with a **3x5 index card pinned to their jersey with their NAME and SCHOOL.**

For Questions Contact - Michael Ringhauser, NCTCA President
Phone – 631-245-1564 E-mail – michael.ringhauser@yahoo.com

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Varsity Entry Form: Please use separate sheets for boys and girls teams.
ENTRIES MUST BE RECEIVED BY OCT 14

School: _____

Address: _____

Circle One: Boys Girls

Coach: _____ Phone: _____

E-mail: _____

Varsity Team(s) # of Teams _____ x \$45 = \$ _____

Junior Varsity # of Runners _____ x \$6 = \$ _____

Freshmen # of Runners _____ x \$6 = \$ _____

Sophomores # of Runners _____ x \$6 = \$ _____

ADD \$35 IF A BUS PASS IS NEEDED \$ _____

Total Entry \$ _____

*The cost of officials will be divided between the competing schools and
billed through BOCES.*

Checks Payable: Nassau County Track Coaches Association (NCTCA)
Taxpayer ID: 421705038

Send Entries to: Fred DeRuvo
730 Boelsen Drive
Westbury, NY 11590
or Fax: 516-334-5461 (Only between 9am-7pm)

Questions: Michael Ringhauser
Phone: 631-245-1564 / michael.ringhauser@yahoo.com

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Middle School Entry: **ENTRIES MUST BE RECEIVED BY OCT 14th**

School: _____

Address: _____

Team(s) Competing: Boys Team Girls Team BOTH

Approximate Number: Boys _____ Girls _____

Coach: _____ Phone: _____

E-mail: _____



There will be no entry fee for any middle schools competing this year. The only charge at all will be the parking fee for buses coming into Bethpage State Park. Parking passes can be purchased by your athletic director through the Coaches Association for \$35.

ADD \$35 IF A BUS PASS IS NEEDED \$ _____

Total Entry \$ _____

Checks Payable to - Nassau County Track Coaches Association (NCTCA)
Taxpayer ID - 421705038

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