

Coaches: Thank-you for choosing to take your teams to this year's Nassau Coaches Invitational. It looks like we are going to have some great weather, times, and competition!

Please read through the instructions below to ensure that we have a well-run meet with a positive experience for all. If you have additional questions, you may email me as always at michael.ringhauser@gmail.com.

Race Instructions:

Reminder to outside schools that our meet takes place at Bethpage State Park, not Bethpage Golf Course. If you are being directed to 99 Quaker Meeting House Road you are not going to the correct location. Search "Bethpage State Park Picnic Ground Parking" on your iPhone Maps and you will end up at the correct location. If you need additional directions email me today or tomorrow.

PARKING:

Once you enter the park, you must have your bus drive all the way down to the parking lot before letting athletes off of your bus. There is only one road that leads into the park and with 91 teams registered to compete this year we can not have that road backed up. Anyone who attempts to let athletes off at the polo field will be asked to reboard their bus and continue to the parking lot.

A representative of the Coaches Association will be at the toll booth with Parking Passes for those teams who purchased one on their entry. We do not have extra passes for teams who did not purchase one with their entry.

COMPETITOR'S NUMBERS:

Nassau Teams: As with all meets contested at Bethpage, your athletes will need to compete with their Section 8 bib. Please make sure to bring them.

Outside Teams: Our timing company, Elitefeats, has created bibs for each of your athletes according to the roster that you submitted. You will need to pick those up near the finish line and distribute them to your team. Remember to bring pins for your athletes.

We ask that athletes not stand near the finish line with their racing bibs on as it can throw off the results of the race taking place.

CHECKING IN FOR THE RACE:

Freshmen and Sophomore Races:

Runners do not have to check-in. Have your team report to the startline at least five minutes prior to race time and you are set to race.

Junior Varsity and Varsity Races:

Runners will have to cross a timing mat, located close to the finish line, with their competitor's bib prior to going to the startline for the race. We will have a representative from the Coaches Association directing athletes to this mat and we will go over this process for non-Nassau Coaches at our coaches meeting before the meet.

RESULTS:

All results from our invitational can be found at www.elitefeats.com/results under Nassau Coaches Invitational.

AWARDS:

Medals will be awarded to the Top 50 individuals in each race. The Top 7 individuals will also be considered "All Invitational" and earn a Nassau Coaches Cowbell for their performance. These awards will be distributed at the end of the finishing chute.

Team Trophies will be awarded to the Top 3 teams in the Freshmen, Sophomore, and Varsity sections. There are no team awards for the junior varsity race. The 1st place team will additionally get championship t-shirts for their Top 7 and Coach. These awards will be announced once the results become final. Please be patient in waiting for the results to be finalized as all competitors in the race must finish before they are considered complete.

Trophies will be given out to the Fastest Male and Female Overall Time of the Day and the Fastest 5th Man Overall from the Varsity Sections. These awards will be announced at the conclusion of the meet.

Varsity Assignments:

<u>Boys - Varsity "A" (10:15 am)</u>	<u>Girls - Varsity "A" (10:20 am)</u>
Baldwin	Bayside
Bayport Blue Point	Carey
Carey	Clarke
Clarke	Clinton School
East Islip	Deer Park
East Meadow	East Meadow
Eastport South Manor	Freeport
Farmingdale	Great Neck North
Freeport	Kellenberg
Great Neck North	Kings Park
Hampton Bays	Long Beach
Harborfields	Massapequa
Island Trees	Port Washington
Kellenberg	Riverhead
Long Beach	Stony Brook School
Massapequa	Townsend Harris
Patchogue Medford	West End Secondary
Riverhead	William Floyd
Seaford	
Stony Brook School	
South Side	
West End Secondary	

<u>Boys - Varsity "B" (10:45 am)</u>	<u>Girls Varsity "B" (10:50 am)</u>
Bay Shore Brewster Calhoun East Rockaway Floral Park Garden City Glen Cove Hauppauge Hicksville Locust Valley MacArthur Mineola North Babylon New Hyde Park Oyster Bay Port Washington Roslyn Plainview Sachem East Sewanhaka West Hempstead	Bay Shore Comsewogue East Rockaway Floral Park Garden City Glen Cove Hauppauge Hicksville Locust Valley MacArthur Mineola New Hyde Park North Babylon Oyster Bay Plainview Sewanhaka South Side West Hempstead

Meet Schedule:

Please arrive to the starting line at least five minutes prior to the posted race time.

- 8:45 – Coaches Meeting at the Finish Line
- 9:00 – Boys Freshmen Race
- 9:05 – Girls Freshmen Race
- 9:25 – Boys Sophomore Race
- 9:30 – Girls Sophomore Race
- 9:50 – Boys Junior Varsity Race
- 9:55 – Girls Junior Varsity Race
- 10:15 – Boys Varsity "A" Race
- 10:20 – Girls Varsity "A" Race
- 10:45 – Boys Varsity "B" Race
- 10:50 – Girls Varsity "B" Race