

Nassau Coaches Invitational Race Assignments

Note that ALL RACES are contested at the 5k Distance

Race Times:

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

<p><u>Boys Varsity "A" Race – 10:15 AM</u> Baldwin Bethpage Commack Eastport South Manner Great Neck North Island Trees Kellenberg Lynbrook North Babylon Oceanside Pearl River Plainedge Port Washington Sewanhaka Valley Stream Central Valley Stream South West Hempstead</p>	<p><u>Girls Varsity "A" Race – 10:20 AM</u> Baldwin Bethpage Commack Deer Park Eastport South Manner Garden City "A" Team Great Neck North Island Trees Lynbrook Oceanside Pearl River Plainedge Plainview Port Washington Sewanhaka Valley Stream Central Valley Stream South West Hempstead</p>
<p><u>Boys Varsity "B" Race – 10:45 AM</u> Bayside East Meadow East Rockaway Floral Park Clarke Glen Cove Jericho JFK Bellmore Lawrence LI Lutheran Lindenhurst MacArthur Mepham Roslyn Seaford Valley Stream North</p>	<p><u>Girls Varsity "B" Race – 10:50 AM</u> Bayside East Meadow East Rockaway Garden City "B" Team Glen Cove Floral Park Hicksville Holy Trinity Jericho JFK Bellmore Lawrence MacArthur Mepham Roslyn Seaford Townsend Harris Valley Stream North</p>

Coaches Notes:

- All races will take place on the 5000 meter course with medals given out at the end of the chute.
- All runners must compete with a 3x5 index card with their Just-In-Time Barcoded Label.
- Team Awards (Plaques, T-Shirts) will be given out once the results have been finalized.
- Freshmen **can not** run in the Sophomore or Junior Varsity Race, but can be moved into the Varsity section if a coach chooses to do so.
- In the varsity section you can run up to **seven runners** and you may not switch varsity sections without prior approval from Michael Ringhauser or Fred DeRuvo. We are trying to run equal sections to provide all teams with competition.

If your team is not listed, please contact Michael Ringhauser to be placed into a Varsity Section.

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