

The 49th Annual Nassau Coaches Cross-Country Invitational Varsity Race Postings

Notes:

- Box assignments are for varsity races only. In the freshmen, sophomore, and junior varsity races, runners can line up where they choose at the starting line.
- All runners must compete with a 3x5 index card indicating their NAME, SCHOOL, and ASSIGNED NUMBER FROM TONY TORO. Labels for the cards can be printed off of the www.just-in-time-racing.com website.
- There is still room in the invitational for any teams who are not listed below. Please contact Michael Ringhauser at michael.ringhauser@yahoo.com or 631-245-1564.

GIRLS VARSITY "A" RACE – 1:00 PM

<u>Competing Teams</u>	<u>Box Assignments</u>
Kellenberg	1
Huntington	2
Our Lady of Mercy	3
East Meadow	4
Baldwin	5
Great Neck North	6
Wantagh	7
MacArthur	8
Glen Cove	9
Plainedge	10
South Side	11
Hewlett "A"	12
Mineola	13
New Hyde Park	14
Clarke	15

GIRLS VARSITY "B" RACE – 1:45 PM

<u>Competing Teams</u>	<u>Box Assignments</u>
Plainview JFK	1
Rocky Point	2
St. Domenic's	3
Uniondale	4
Carey	5
Jericho	6
Long Beach	7
Mepham	8
Bethpage	9
Hewlett "B"	10
Locust Valley	11
Seaford	12
Bayside	13
Oceanside	14

BOYS VARSITY "A" RACE – 12:35 PM

<u>Competing Teams</u>	<u>Box Assignments</u>
Commack	1
Kellenberg	2
Lindenhurst	3
Xavier	4
Freeport	5
Carey	6
Great Neck North	7
Jericho	8
MacArthur	9
Glen Cove	10
Hewlett "A"	11
Plainedge	12
Wantagh	13
South Side	14
Mineola	15
East Hampton	16
New Hyde Park	17
Clarke	18

BOYS VARSITY "B" RACE – 1:25 PM

<u>Competing Teams</u>	<u>Box Assignments</u>
Baldwin	1
East Meadow	2
Huntington	3
Longwood	4
St. Domenic's	5
Uniondale	6
Calhoun	7
Garden City	8
Long Beach	9
Mepham	10
Hewlett "B"	11
Roosevelt	12
Roslyn	13
Bethpage	14
Locust Valley	15
Seaford	16
Bayside	17
Oceanside	18