

North Shore vs South Shore Points of Emphasis

Coaches,

As a reminder the races at Bethpage are 2.5 miles except the novice which is still 1.5 mile

1. The time schedule is indicated below. As indicated the races are designed for athletes to race against other runners of similar ability.
2. The runners should wear their school uniform as they normally would.
3. All athletes in all races must be wearing their bib numbers (same as league meets)
4. The top 25 athletes in each race (not the novice race) will count towards the team scoring of the North Shore vs South Shore Competition.
5. COACHES: Place your athletes according to their time based on the information provided below. **DO NOT PUT YOUR ENTIRE TEAM IN THE SAME RACE**
6. All your athletes will count as individuals for their own personal time and for the team scoring for the North Shore vs South Shore Competition.
7. We are not doing team scoring for each respective school.
8. We are not checking seeds-It is all on the honor system.

If an athlete has not run a 2.5 mile race this season then just put them in whatever race you feel is appropriate based on the times below.

Clerking IN:

- ALL ATHLETES MUST WALK OVER THE CHECK IN MAT (LOCATED BY FINISH LINE) 10 MINUTES PRIOR TO THEIR SCHEDULED RACE
- THIS INCLUDES ALL NOVICE RUNNERS
- STARTING LINE: ALL RACES WILL HAVE THE SAME STARTING LINE (BY SCOREBOARD ON POLO FIELD)

Time Schedule:

5:00 PM (Novice race 1.5 miles) Boys and Girls Combined

THE TIMES ARE BASED ON 2.5 MILES AT BETHPAGE

5:15 BOYS RACE 1 OVER 18:30

5:23 GIRLS RACE 1 OVER 23:30

5:30 BOYS RACE 2 16:00-18:30

5:38 GIRLS RACE 2 20:15-23:30

5:45 BOYS RACE 3 SUB 16:00

5:53 GIRLS RACE 3 SUB 20:15