

# **40<sup>TH</sup> NASSAU COACHES X-C INVITATIONAL**

**1:00 PM, SATURDAY, OCTOBER 20, 2007**

**@ BETHPAGE STATE PARK, All races - 5000 METERS**

**NEW COURSE; MORE CHALLENGING, IMPROVED SPECTATOR POSSIBILITIES,  
NO CONFLICT WITH BIKE CROSSING OR CARS-NO ROADS ON THE  
COURSE, LAST 1000 METERS IN VIEW.**

**RACE ORDER: A TIME SCHEDULE AND OTHER INFORMATION WILL BE ON OUR WEBSITE  
OCT. 15<sup>TH</sup> THE MEET STARTS AT 1:00pm, FIRST VARSITY RACE IS ABOUT 2:40 pm**

<b>BOYS J.V.</b>	<b><u>SEEDED VARSITY RACES</u></b>
<b>GIRLS J.V.</b>	<b>BOYS VARSITY -B1-</b>
<b>BOYS SOPHMORE**</b>	<b>GIRLS VARSITY -G1-</b>
<b>BOYS FRESHMEN **</b>	<b>BOYS VARSITY -B2-</b>
<b>GIRLS SOPHMORE**</b>	
<b>GIRLS FRESHMEN**</b>	<b>GIRLS VARSITY -G2-</b>
<b>BOYS CLASS VARSITY*</b>	<b>BOYS VARSITY -B3-</b>
<b>GIRLS CLASS VARSITY*</b>	<b>GIRLS VARSITY -G3- if entries warrant!</b>

**AWARDS: Nassau Coaches medals to the top 40 finishers in all races. Team awards only in the five varsity races, and the frosh and soph races. Plaques to top three teams in varsity and frosh/soph races and team medals to the winning teams in varsity races only. No team medals in frosh/soph. Watches will be awarded to the individual winner of each **SEEDED VARSITY RACE.** (EXCLUDES classified)**

**MEET RULES: Scoring by NF Rules. A Seeded Varsity Team consists of **SEVEN** runners, a school must run a varsity in order to run a JV. A team can run a varsity, a classified, and a JV team. No limit to number of runners in JV race. Please keep the park and bathrooms clean. Course closes at 12:30 PM. Officials posted all along the course. Coaches are not allowed on the course – except in designated areas.(No spectators on the course) Everyone must park in the picnic area lot. **No discharging or pickup of passengers at the entrance to the Polo Field.** **LISPC charges for parking. No exceptions.** All parking is in the picnic area parking lot.**

**SCORING: Non-Section 8 teams must send in their rosters. We will issue numbers for these athletes- pickup upon arrival. Section 8 runners must wear their numbers. Each coach must hand in a scorecard and place cards ASAP after each race so we can print results. Results will be posted on the RV near the finish line. Packets will be available for pickup upon arrival. **EVERYONE KEEP OFF THE POLO FIELD.****

**SEEDING: Requests for seeds should accompany this entry, use a separate sheet if necessary. We will do the best we can to separate seeds, and then randomly assign teams to races. The time schedule is tight and must be adhered to because of the portion of the course that leads into and out of the woods. (about 300 meters with two way traffic)**

**\*Placement in Classified Varsity races is entirely up to the seeding committee. Strength of team and size of school is important, as is the size of the race and balance of all races of the day.**

**\*\*Boys/Girls Freshmen and Sophomore races could be combined if entries warrant. Separate chutes would be designated for both the Freshmen and Sophomores. IF NECESSARY, additional Freshmen and/or Sophomore races could be added. A Freshmen is an athlete in Ninth grade for the first time or an S&C runner. A sophomore is an athlete in the second year of high school for the first time.**

**40<sup>th</sup>. NCTCA XC INVITATION OCT. 20<sup>ST</sup>. 2007**

SCHOOL \_\_\_\_\_ BOYS \_\_\_\_\_ GIRLS \_\_\_\_\_

COACH \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_ FAX \_\_\_\_\_

SEEDED VARSITY TEAMS @ \$35.00 \_\_\_\_\_ TOTAL \_\_\_\_\_

CLASS VARSITY. NUMBER OF RUNNERS @ \$5.00 \_\_\_\_\_ TOTAL \_\_\_\_\_

JV.....NUMBER OF RUNNERS @ \$5.00 \_\_\_\_\_ TOTAL \_\_\_\_\_

SOPH.....NUMBER OF RUNNERS @ \$5.00 \_\_\_\_\_ TOTAL \_\_\_\_\_

FROSH..... NUMBER OF RUNNERS @ \$5.00 \_\_\_\_\_ TOTAL \_\_\_\_\_

Accurate counts please!!

**BUS PARKING TICKETS \* SEE BELOW\* # \_\_\_\_\_ AT \$35.00 = TOTAL \_\_\_\_\_**

LATE ENTRY FEE - \$20.00 (If sent after October 12<sup>th</sup> – All entries close October 16<sup>th</sup>)

TOTAL AMOUNT DUE: CHECKS PAYABLE TO N.C.T.C.A. inc. TOTAL \$ \_\_\_\_\_

TAX ID # if required by your business office: 42 170 5038 Submit early so business office can encumber funds due for the entry. Note...our NYS Tax ID number

**\*Section VIII schools must purchase tickets themselves as in Section VIII guide. We will buy the tickets for all other schools-but they MUST ADD the fee to their bill. This makes it easier for you, and tickets purchased at the gate cost \$75. We pay \$35 and will send you the parking tickets. ON ALL WEEKENDS THE PARK CHARGES CARS \$8 OR AN EMPIRE PASS. NO PARKING ON ROADS. TICKETS ARE ISSUED BY PARK POLICE. PLEASE INFORM PARENTS & SPECTATORS. The course no longer crosses the road into the parking lot. The ticket booth is at the entrance to the Polo Field. No discharging or pickup of athletes on the roads. The picnic area parking lot is the designated area for drop-off/pickup.**

All vehicles must park in the picnic area parking lot. POLICE ARE ON DUTY AT THE BOOTH.

MAIL TO: BOB BARATTA, 154 HIAWATHA DRIVE, BAY SHORE NY 11706

FAX TO: 631-666 8490

EMAIL: [Bobrun8@msn.com](mailto:Bobrun8@msn.com) \*\*Non-sec.8 schools email your

roster using the form available on our web site [www.sectionviiiixctf.com](http://www.sectionviiiixctf.com) so we can assign numbers to your squad and have them available for you in your team packet.

SOUVENIER TEE SHIRTS WITH SPECIAL WOMENS CUT TEES- WILL BE ON SALE.  
THE PARK FOOD VENDOR WILL SELL FOOD AND DRINKS.