

# SUFFOLK COUNTY COACHES ASSOCIATION CROSS COUNTRY INVITATIONAL

SEPTEMBER 29<sup>TH</sup>, 2018  
SUNKEN MEADOW STATE PARK  
KINGS PARK, NEW YORK

MEET DIRECTORS: Vin Ungaro Joe Coffey  
[VinUngaro@SuffolkXCTF.com](mailto:VinUngaro@SuffolkXCTF.com) Sachem East

ENTRY DEADLINE: POSTMARKED BY: September 23<sup>rd</sup>, 2018  
Have entry mailed with PO or Payment  
Fill out form (link below) as soon as you decide on attending

MAIL ENTRIES TO: SUFFOLK CROSS COUNTRY AND TRACK COACHES ASSOCIATION, INC.  
New Address→ PO BOX 761  
SAYVILLE, NY 11782

ONLINE ROSTER ENTRY: TO SPEED UP SCORING AND RESULTS, YOU MUST SUBMIT YOUR  
ROSTER ONLINE AT [www.just-in-time-racing.com](http://www.just-in-time-racing.com).  
ONLINE ROSTERS ARE DUE BY MIDNIGHT, SEPTEMBER 23<sup>rd</sup>, 2018.

PLEASE FILL OUT THE FOLLOWING FORM SO I KNOW WHAT SCHOOLS INTEND TO COMPETE:

**[Google Form for Entry into Suffolk Coaches Invitational](#)**

- SANCTIONING WILL BE NYSPHHSAA, CHSAA, PSAL, NYSAIS
- ONLINE TEAM ROSTER REGISTRATION REQUIRED. INSTRUCTIONS ONLINE.
- IF YOU MUST GET A PURCHASE ORDER FROM YOUR BUSINESS OFFICE, PLEASE SEND IN AN ENTRY AND THEN MAIL A SECOND WITH PAYMENT AS SOON AS POSSIBLE. FAILURE TO MEET DEADLINES WILL RESULT IN YOUR TEAM NOT BEING SEEDED PROPERLY OR ENTERED IN THE MEET.
- A SCHOOL MAY ENTER ONLY ONE VARSITY TEAM.
- AWARDS: VARSITY - EACH RACE TEE-SHIRTS TOP 15 & MEDALS TO TOP 30. TEAM AWARD AND CHAMPIONSHIP TEES FOR 1<sup>ST</sup> PLACE. NON-VARSITY RACES- TEE SHIRTS TO TOP 10 & MEDALS TO TOP 25. AWARD FOR BEST TIME OF THE DAY (BOY AND GIRL)
- COMMEMORATIVE LONG-SLEEVED T-SHIRTS WILL BE ON SALE.

RACE SCHEDULE: ( MEET DIRECTOR CAN ADD OR ELIMINATE RACES BASED ON ENTRIES)

9:00	FRANK BENJAMIN	BOYS VARSITY "C" RACE	5000M
9:25	BILL GERHARDT	BOYS VARSITY "B" RACE	5000M
9:50	MARVIN GOLDBERG	GIRLS VARSITY "C" RACE	5000M
10:20	PAUL KORETZKI	GIRLS VARSITY "B" RACE	5000M
10:55	FRANK LA BIANCA	BOYS VARSITY "A" RACE	5000M
11:20	LARRY HOFFNER	GIRLS VARSITY "A" RACE	5000M
11:50	HARRY SCHNEIDER	BOYS SOPHOMORE RACE	5000M
12:15	KURT PASLER	BOYS JUNIOR VARSITY RACE	5000M
12:40	CYNTHIA QUINN	GIRLS JUNIOR VARSITY RACE	5000M
1:10	VINNY ABRAMS	BOYS FROSH "A" RACE	1.5 MILES
1:25	TOM PUTNAM	BOYS FROSH "B" RACE	1.5 MILES
1:40	JIM GILHOOLEY	GIRLS FROSH "A" RACE	1.5 MILES
1:55	BILL SHELLEY	GIRLS FROSH "B" RACE	1.5 MILES

Reminder that all rosters are due by September 23<sup>rd</sup>, 2018

[www.just-in-time-racing.com](http://www.just-in-time-racing.com)

# SUFFOLK COACHES ENTRY FORM

SEPTEMBER 29<sup>th</sup> 2018 SUNKEN MEADOW STATE PARK, KINGS PARK, NY

SCHOOL: \_\_\_\_\_ BOYS OR GIRLS

**CIRCLE ONLY ONE - USE SEPARATE ENTRY FOR EACH**

COACH: \_\_\_\_\_

E-MAIL & CELL PHONE: \_\_\_\_\_

AD Name & PHONE: \_\_\_\_\_

### **INDICATE THE NUMBER OF TEAMS IN EACH CATEGORY:**

(A SCHOOL MAY PARTICIPATE IN ONLY ONE VARSITY RACE AND NO SCHOOL MAY ENTER A JUNIOR VARSITY TEAM UNLESS THEY HAVE ENTERED A TEAM IN THE VARSITY DIVISION.)

**7 ATHLETES MAKE UP A VARSITY TEAM, ALL OTHER RACES HAVE UNLIMITED NUMBERS**

<b>Varsity:</b>	<b>JV:</b>	<b>SOPH:</b>	<b>FROSH:</b>
TOTAL TEAMS:	@ \$50.00		(1)\$ _____

### **INDICATE THE NUMBER OF INDIVIDUALS IN EACH CATEGORY:**

ONLY ENTER INDIVIDUALS IF YOU DO NOT HAVE A "TEAM" ENTERED IN AN ABOVE CATEGORY.

<b>JV:</b>	<b>SOPH:</b>	<b>FROSH:</b>
TOTAL INDIVIDUALS:	@ \$10.00	= (2)\$ _____

For schools outside of Suffolk County - \$35.00 (3)\$ \_\_\_\_\_  
(New York State Parks Fee For Bus Entry Permit)  
(Suffolk Schools Are Charged Through Section XI- Enter \$0)

For schools outside of Suffolk County - \$25.00 (4)\$ \_\_\_\_\_  
Official Fees must be included.  
(Suffolk Schools Are Charged Through Section XI- Enter \$0)

For Suffolk County Schools: Association Dues (\$50.00) (5)\$ \_\_\_\_\_

**TOTAL FEE (Sum of lines 1-5): \$ \_\_\_\_\_**

**THIS IS AN ENTRY FEE, NOT A PARTICIPATION FEE!**

**MAIL ENTRIES TO:** SUFFOLK COUNTY COACHES ASSOC. INC  
PO BOX 761  
SAYVILLE, NY 11782

**CHECKS PAYABLE TO:** SUFFOLK COUNTY CROSS COUNTRY AND TRACK COACHES ASSOCIATION, INC.  
Tax ID # - 11-2843457

# **Suffolk Coaches Invitational Entry Procedure:**

- 1) Click on the google link and enter the divisions you intend to race in. This is solely for seeding purposes as I can plug you into a race ASAP instead of waiting for your paperwork to come in. The link is red on meet entry pdf.**
- 2) Fill out entry form in its entirety. Add up the total of lines 1-5 on the entry form and that is how much you owe.**
- 3) Submit your entry form to your business office. Please ask them to mail in entry form and PO as soon as they can. We expect payment to follow. As long as you enter using link and we have a PO from your school, there will be no problems.**
- 4) If not a Section XI school, please go to [www.just-in-time-racing.com](http://www.just-in-time-racing.com) to register your team roster online.**