

The 51st Annual Nassau Coaches XC Invitational

Saturday, October 7th, 2017 – Bethpage State Park

Meet Directors: Michael Ringhauser and Fred DeRuvo

All races will be contested over the NEW 5k Course (Map Attached)

LATE START TO ACCOMMODATE THOSE TAKING THE SAT EXAM!

Meet Notes:

1. The invitational will be conducted via National Federation rules.
2. Each school may run **one varsity team**, consisting of up to **7 individuals**. Entries in the freshmen, sophomore and junior varsity races are unlimited.
3. All fees associated with the invitational are entry, not participation, fees.
4. Competing schools will split the cost of the officials with non-Section VIII schools being charged \$25 towards that cost.
5. Coaches and spectators will only be allowed in pre-selected areas that will be discussed during the coaches meeting. At no time should anyone be on the course itself – doing so could result in team disqualification.

Invitational Awards:

- **Medals** to the **Top 50 Individuals** in All Races
- **Plaque** for **Fastest Time of the Day** (One Boy, One Girl)
- **Plaque** for **Fastest 5th Man of the Day** (One Varsity Boy, One Varsity Girl)
- **Plaques** to the **Top 3 Teams** in the Freshmen, Sophomore, and Varsity Races
Please Note - No Team Awards Given for the Junior Varsity Races!
- **T-Shirts** for **Winning Varsity, Freshmen and Sophomore Teams & Coach**

Varsity Seeding:

Requests for seeding in the varsity races must accompany your entry. We will try to accommodate all requests, however, the final decisions will be made with the goal to have two equally competitive varsity sections. Varsity race assignments will be posted by October 5th on the Section VIII and Just-In-Time websites. **There will be NO changes to the assigned races on the day of the invitational.**

Rosters:

All high school teams must submit their rosters to www.just-in-time-racing.com and have their athletes compete with a 3x5 index card pinned to their jersey with their NAME, SCHOOL, and ASSIGNED NUMBER. Index cards may have that information printed and attached via label or can be neatly handwritten.

Parking:

Bethpage State Park will charge for parking with the cost for cars being \$8 and bus parking costing \$75 without a pre-purchased pass. Section VIII teams should buy the pass themselves as listed in the handbook. Non-Section VIII teams should purchase the pass from the Coaches Association which can be done on the entry.

The 51st Annual Nassau Coaches XC Invitational

Saturday, October 7th, 2017 – Bethpage State Park

Invitational Schedule:

Coaches Meeting (Finish Line)	12:45 pm
Boys Freshmen	1:00 pm
Girls Freshmen	1:05 pm
Boys Sophomore	1:25 pm
Girls Sophomore	1:30 pm
Boys Junior Varsity	1:50 pm
Girls Junior Varsity	1:55 pm
Boys Varsity "A"	2:15 pm
Girls Varsity "A"	2:20 pm
Boys Varsity "B"	2:45 pm
Girls Varsity "B"	2:50 pm

All times are approximate and subject to change. A finalized time schedule will be posted on the Section VIII website by October 5th.

Meet Notes:

1. All teams must have their rosters submitted to Tony Toro on www.just-in-time-racing.com. Each runner must compete with a 3x5 index card pinned to their jersey with their NAME, SCHOOL, and ASSIGNED NUMBER.
2. There will only be box assignments for the varsity races. Assignments will be posted online prior to the meet and be included in the welcoming packet.
3. Remember that all coaches, spectators and athletes are only permitted in the locations outlined during the coaches meeting. Teams found in prohibited locations are subject to being disqualified.
4. Medals will be given out to the Top 50 individuals at the conclusion of each race as they exit the finishing chute. Team awards will be announced shortly after the posting of the team scores. Awards for the Fastest Time and Fastest 5th Man (Varsity) will take place shortly after the conclusion of the meet.
5. Please keep the park clean. Ask your teams to pick up your area prior to leaving the park. There are many garbage cans surrounding the area.

Questions?

Michael Ringhauser, NCTCA President
michael.ringhauser@yahoo.com or (631) 245-1564
Fred DeRuvo, NCTCA Treasurer
coachderuvo@gmail.com

The 51st Annual Nassau Coaches XC Invitational

Saturday, October 7th, 2017 – Bethpage State Park

**Entries must be received by Wednesday, October 4th, 2017.
Please use separate entries for boys and girls teams.**

Circle One: BOYS ENTRY GIRLS ENTRY

School: _____

Address: _____

Coach: _____ Phone: _____

E-mail: _____

.....

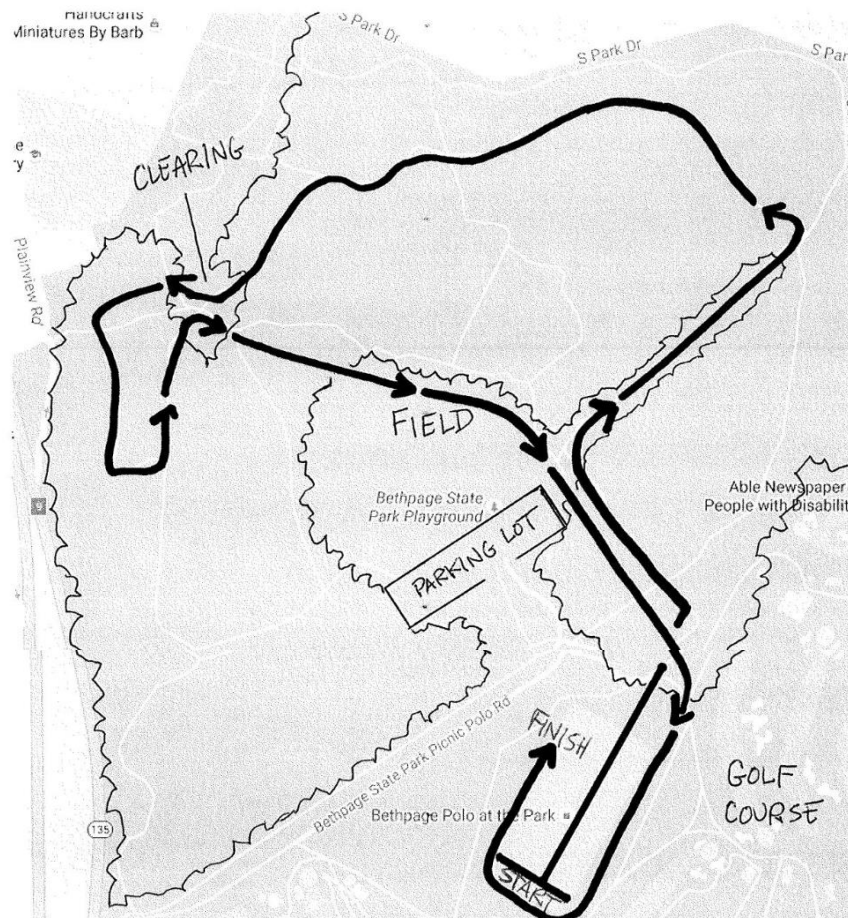
Freshmen	# of Runners _____	x \$6	=	\$ _____
Sophomores	# of Runners _____	x \$6	=	\$ _____
Junior Varsity	# of Runners _____	x \$6	=	\$ _____
Varsity Team Circle:	YES NO	x \$45	=	\$ _____
NON-SECTION VIII TEAMS ADD \$25 FOR OFFICIALS				= \$ _____
<i>Section VIII teams will split the cost of officials and be billed through BOCES.</i>				
ADD \$35 IF PURCHASING A BETHPAGE BUS PASS				= \$ _____
TOTAL ENTRY FEE				= \$ _____

Checks Payable: Nassau County Track Coaches Association (NCTCA)
Tax ID: 421705038

<u>Mail Entries:</u> Fred DeRuvo 730 Boelsen Drive Westbury, NY 11590	<u>Fax Entries:</u> Fred DeRuvo 516-334-5461 (9am – 7pm Only)
---	---

Questions: Michael Ringhauser, NCTCA President
Phone – (631) 245-1564
E-mail – michael.ringhauser@yahoo.com

2017 Bethpage State Park Course Map



Note for Non-Section VIII Teams:

This is the same general course as in past years. The only difference is that there is a change in the direction of the race at around the half mile mark with the two loops in the woods now being run in the reverse direction from previous years. If you have any questions about the course, please contact Michael Ringhauser.