

Thirtieth Annual Jim Smith Memorial Cross Country Run

Saturday, September 9, 2017 Port Jefferson High School will conduct the Thirtieth Annual Jim Smith Memorial Cross Country Meet. The meet will be held at Sunken Meadow State Park, Kings Park, New York. The first event will be at 9:30 A.M.

A team will consist of three to five runners. The first three runners will score. The fourth runner will break ties.

The races are as follows:

| | | |
|-----------------|------------|----------|
| Freshman Girls | 9:30 A.M. | 1.5miles |
| Freshman Boys | 9:45 A.M. | 1.5miles |
| Sophomore Girls | 10:00 A.M. | 5000m |
| Sophomore Boys | 10:30 A.M. | 5000m |
| Junior Girls | 10:55 A.M. | 5000m |
| Junior Boys | 11:25 A.M. | 5000m |
| Senior Girls | 11:55 A.M. | 5000m |
| Senior Boys | 12:20 P.M. | 5000m |

Awards are as follows:

Individuals: T-shirts to the first 25 finishers in each race. Trophy for the fastest time of the day in the 5000m races for both a boy and girl. Medals to top three finishers in each race.

Teams: Trophies for first three team places in all races. Medals to 1st, 2nd and 3rd place teams in each race.

If you would like to join us on Saturday, September 9, 2017 just fill in the entry form and mail it along with your check or P.O. to:

Rod Cawley Meet Director (631) 924 9219
Port Jefferson High School
350 Old Post Rd.
Port Jefferson, NY 11777

You may also email your entry to rcawley@portjeffschools.org

Please email prior to submitting entry to your business office.

Checks should be made out to **Port Jefferson High School**.

Please enter your roster on **just-in-time-racing.com** by Thursday, September 7, 2017.

This meet has been sanctioned for NY and VT.

BOYS ENTRY FORM

School _____ Email _____

Coach _____ Phone _____

The cost is \$35.00 per team or \$12.00 per individual. A team may consist of 3-5 individuals.

| | <u>#Teams</u> | <u>#Ind.</u> | <u>Amount</u> |
|----------------|---------------|--------------|---------------|
| Freshman Boys | _____ | _____ | _____ |
| Sophomore Boys | _____ | _____ | _____ |
| Junior Boys | _____ | _____ | _____ |
| Senior Boys | _____ | _____ | _____ |

Entries Total _____

Maximum Boys entry fee is \$200.00

GIRLS ENTRY FORM

School _____ Email _____

Coach _____ Phone _____

| | <u>#Teams</u> | <u>#Ind.</u> | <u>Amount</u> |
|-----------------|---------------|--------------|---------------|
| Freshman Girls | _____ | _____ | _____ |
| Sophomore Girls | _____ | _____ | _____ |
| Junior Girls | _____ | _____ | _____ |
| Senior Girls | _____ | _____ | _____ |

Entries Total _____

Maximum Girls entry fee is \$200.00

Make checks payable to **PORT JEFFERSON HIGH SCHOOL**

Mail to: Rod Cawley
Port Jefferson High School
350 Old Post Rd.
Port Jefferson, NY 11777

Be sure to enter roster on **just-in-time racing.com**