

## Section XI Modified Cross Country Race Procedures

<b>Rosters must be sent as an attachment to:</b>		<a href="mailto:eltoroff@optonline.net">eltoroff@optonline.net</a>				
<b>Rosters must be done as shown below, in EXCEL format</b>						
<b>First Name</b>	<b>Last Name</b>	<b>Gender</b>	<b>School</b>	<b>Grade</b>		
Ariel	Tsai	f	Greenport	8		
Ashley	Estrella	f	Greenport	7		
Barbie	Lam	f	Greenport	8		
Bryan	Guan	m	Greenport	7		
Christopher	Olsen	m	Greenport	8		
All rosters will be posted at the following web-site the day prior to the race: <a href="http://www.just-in-time-racing.com">www.just-in-time-racing.com</a>						
Day of meet Procedures:						
There will be 5 races						
1) Boys Race -	4:00 PM					
2) Girls Race	4:15 PM					
3) Boys Race	4:30 PM					
4) Girls Race	4:45 PM					
5) Boys/Girls Race	5:00 PM					
Once you arrive at Sunken Meadow State Park you must sign up for your race. Sign up is by finish line (Trailer)						
Upon signing in you will also pick up your runners bar-codes.			Place your athlete's bar code on a 3 x 5 index card.			
Each runner must have their own 3 x 5 index card and two (2) safety pins.						
Index cards must be fasten to their running jersey.						
You must supply your own index cards and safety pins.						
Results will be posted on the trailer. Results will also be posted at: <a href="http://www.just-in-time-racing.com">www.just-in-time-racing.com</a>						
Questions:	Tony Toro	928-0991			<a href="mailto:eltoroff@optonline.net">eltoroff@optonline.net</a>	
	Joe Pennacchio	592-3065				