

2023 RED RAIDER RUN

FRIDAY, SEPTEMBER 8TH

Dear Coach,

We would like to invite your team to compete in the 34th annual RED RAIDER RUN Cross Country Invitational on Friday September 8, 2023 at Bear Mountain State Park. Last year we had our biggest meet in years! And we'd love to grow even bigger!!

As we have in the past several years, the meet will be held at Bear Mountain State Park. If you have not raced there before, it is a 3.0 mile course that is mostly paved. It has a few rolling hills, one challenging hill at the 1.5 mile mark and a fast last mile. We have a Freshman Race (1.8 miles), a Junior Varsity Race (3.0 miles), and a Varsity Race. It is a great way to open your 2023 season, hope to see you there!

As we have in the past, we will again be using computerized scoring this year.

To accomplish this, each school must submit a team roster on ny.milesplit.com.

Please enter the meet ONLINE at ny.milesplit.com!

See you on September 8th!

Brian Diglio & Chris Lent, Meet Directors

for more info call either:

Brian Diglio: (845) 662-1181

Chris Lent (845) 216-4832

Or email: bdiglio@northrockland.org

ENTRIES MUST BE IN OUR HANDS BY TUESDAY, SEPTEMBER 5TH

NOTES FOR COACHES:

1. You must start a complete varsity team (5), in order to enter a team in the JV race.
2. Red Raider Run T-shirts will be on sale at the snack stand.
3. Gatorade and water will be on sale at the snack stand.
4. Individual medals will be given out at the END OF THE CHUTE.
5. INDIVIDUAL AWARDS:
 - Medals to the Top 20 Finishers in Varsity races.
 - Medals to the Top 10 Finishers in JV and Freshman races.
6. TEAM AWARDS:
 - Plaques to the top 2 teams in each varsity race.
 - Plaques to the top team in each JV & freshman race.
7. SCORING:

Each athlete will wear their assigned # during the race – ON THEIR CHEST After the race, when the athletes enter the chute, they will tear off the bottom of their # containing the bar code sticker and hand it to the official collecting the strip that has the sticker on it. Results should be posted within 15 minutes of the end of the race!
8. RACE SCHEDULE:
 - PARK OPENS FOR INSPECTION @ 1:00pm
 - 4:00 pm Girls Freshman Race 1.8 miles
 - 4:20 pm Boys Freshman Race 1.8 miles
 - 4:40 pm. Girls Varsity Race 3 miles
 - 5:05 pm. Boys Varsity Race 3miles
 - 5:30 pm. Girls JV Race 3 miles
 - 5:55 pm. Boys JV Race 3 miles
9. Races will be added or deleted as needed. Races will be seeded, setup, and assigned randomly.
10. Directions to Bear Mtn. State Park: Take Rt 9W to the Park entrance, the start is located in front of the carousel, finish line is located on the south side of the Inn.

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RACES WILL BE SET UP AT RANDOM.

Directions to Bear Mtn. State Park: Take Rt 9W to the Park entrance, the start is located in front of the carousel, finish line is located on the south side of the Inn.

RED RAIDER RUN ENTRY FORM 2023

School _____

Street: _____

City: _____ State _____ Zip Code: _____

Boys Coach _____

Cell Phone: _____ E-mail: _____

Girls Coach: _____

Cell Phone: _____ E-mail : _____

Athletic Director's Name _____

Ad's Office phone # _____

YOU MUST RUN A COMPLETE VARSITY TEAM (5) IN ORDER TO ENTER A TEAM IN A JV RACE.

Enter as many teams as you want in the Fr & JV races. Only 7 athletes per team please.

Only 1 Varsity Boys & 1 Varsity Girls team may be entered

Boys Freshman Race x _____ @ \$50.00 = _____

Boys JV Race X _____ @ \$50.00 = _____

Boys Varsity Race (1 team) @ \$50.00 = _____

Girls Freshman Race X _____ @ \$50.00 = _____

Girls JV Race X _____ @ \$50.00 = _____

Girls Varsity Race (1 team) @ \$50.00 = _____

TOTAL = _____

Please make checks payable to & send entry to:

HAVERSTRAW-STONY POINT CSD (North Rockland High School)

106 Hammond Road, Thiells, NY 10984 (school address ATTN: BRIAN DIGLIO)

E-Mail: bdiglio@northrockland.org (you may email your entry)

FEDERAL TAX ID # 13-6007129

ENTRY IN OUR HANDS BY TUESDAY, SEPTEMBER 5th