

35TH Annual
WESTCHESTER – ROCKLAND – DUTCHESS - PUTNAM
TRACK & FIELD COACHES ASSOCIATION
CROSS COUNTRY INVITATIONAL
SATURDAY OCTOBER 22, 2022
BOWDOIN PARK – WAPPINGER FALLS, NY
(SITE OF THE 2022 FEDERATION CHAMPIONSHIPS)
(Site of the 2022 Section One Championships)

TIME SCHEDULE (Races will be added or deleted as entries warrant)

10:00AM	FROSH BOYS I	3000 METERS
10:15AM	FROSH GIRLS I	3000 METERS
10:30AM	JR. VARSITY BOYS I	5000 METERS
11:00PM	JR. VARSITY GIRLS I	5000 METERS
11:30PM	Varsity BOYS I	5000 METERS
11:55PM	Varsity GIRLS I	5000 METERS
12:25PM	Varsity BOYS II	5000 METERS
12:50PM	Varsity GIRLS II	5000 METERS
1:20PM	Varsity BOYS III	5000 METERS
1:45PM	Varsity GIRLS III	5000 METERS
2:15PM	JR. VARSITY BOYS II	5000 METERS
2:45PM	JR. VARSITY GIRLS II	5000 METERS
3:15PM	FROSH BOYS II	3000 METERS
3:30PM	FROSH GIRLS II	3000 METERS

PLEASE NOTE THAT TEAMS WILL BE ALLOWED TO RUN UP TO TEN RUNNERS IN THEIR VARSITY RACES. FIVE WILL SCORE, TWO WILL DISPLACE AND THE OTHERS WILL NOT BE FIGURED INTO THE SCORING.

FINAL TIME SCHEDULE AND RACE ASSIGNMENTS WILL BE POSTED ON NYMILESPLIT AND THE SECTION ONE CROSS COUNTRY SPORTSYOU PAGE ON WEDNESDAY OCTOBER 19, 2022

RACES WILL BE ADDED OR DELETED AS ENTRIES WARRANT.

ALL VARSITY RACES WILL BE EQUALLY SEEDED THIS YEAR!

This meet is open to all schools in New York State, New York CHSAA, NYC PSAL and NYAIS.

All appropriate sanctions have been applied for.

PLEASE SHARE THIS INFORMATION WITH ALL XC COACHES IN YOUR SCHOOL DISTRICT. T-SHIRTS AND FOOD WILL BE ON SALE DURING THE MEET. PLEASE ALERT PARENTS THAT THERE WILL BE A \$10.00 PARKING FEE CHARGED TO ENTER BOWDOIN PARK.

AWARDS

1. Coaches Association Championship plaques will be awarded to the top 3 teams in each varsity race.
2. A gold medal to the winner, silver medal to 2nd and bronze medals will be given to finishers 3-30 in each Varsity Race.
3. Coaches Association plaques will be awarded to the top 2 teams in each JV and Frosh race.
4. A gold medal to the winner, silver medal to 2nd place in each JV and Frosh race and bronze medals to finishers 3-30.

ENTRY FEES

Each Varsity Team	\$50.00	Only one boys and one girls team per school
Each JV Team	\$50.00	Unlimited teams allowed
Each Frosh Team	\$50.00	Unlimited teams allowed

MAXIMUM ENTRY PER SCHOOL FOR BOTH BOYS & GIRLS IS \$400.00

OUR ASSOCIATION TAX IDENTIFICATION # IS 20-3431952

PLEASE NEATLY TYPE OR PRINT THE ENTRY FORM AND MAIL BY TUESDAY OCT, 11TH

SEND ENTRIES & VOUCHERS OR CHECKS TO:

E-MAIL dohertyd@optonline.net

FAX ENTRIES TO 845-735-7278

DAN DOHERTY

12 SUNRISE LANE

PEARL RIVER, NY 10965

**35TH Annual
Westchester Rockland Dutchess Putnam Track & Field Coaches Association
Cross Country Invitational
Saturday October 22, 2022
Bowdoin Park**

SCHOOL _____

BOYS COACH _____ **EMAIL** _____

GIRLS COACH _____ **EMAIL** _____

**(PLEASE INDICATE NUMBER OF TEAMS YOU ARE ENTERING.)
ANY SPECIAL RACE REQUESTS SHOULD BE NOTED ON THIS ENTRY BLANK**

<u>GIRLS</u>	<u>BOYS</u>		<u>TOTAL</u>
_____	_____	 VARSITY TEAMS @ \$50.00 PER TEAM (LIMIT 1 BOYS & 1 GIRLS TEAM PER SCHOOL)	_____
_____	_____	 JV TEAMS @ \$50.00 PER TEAM (UNLIMITED TEAMS ALLOWED)	_____
_____	_____	 FROSH TEAMS @ \$50.00 PER TEAM (UNLIMITED TEAMS ALLOWED)	_____
			TOTAL \$_____

MAXIMUM ENTRY FEE PER SCHOOL \$400.00

**MAKE CHECKS PAYABLE TO: WRDTFCA
OUR TAX IDENTIFICATION # IS 20-3431952**

**MAIL ENTRIES, CHECKS AND TO: DAN DOHERTY
12 SUNRISE LANE
PEARL RIVER, NY 10965**

THE COST FOR OFFICIALS WILL BE BILLED VIA BOCES TO ALL SECTION ONE SCHOOLS

**ENTRIES MAY BE E-MAILED TO: dohertyd@optonline.net OR
FAXED TO 845-735-7278**

ENTRIES (HARD COPY) MUST BE RECEIVED BY OCTOBER 18, 2022

LATE ENTRIES WILL BE REJECTED

**REMEMBER FINAL TIME SCHEDULE AND RACE ASSIGNMENTS CAN BE FOUND AT
NYMILESPLIT OR THE SECTION ONE CROSS COUNTRY COACHES SPORTSYOU PAGE
ON WEDNESDAY OCTOBER 19, 2022.**

**ONCE YOUR PAPER ENTRY HAS BEEN SENT IN, YOU MUST ENTER YOUR TEAM & ROSTER
ON LINE AT THE FOLLOWING ADDRESS:**

<https://www.athletic.net/CrossCountry/meet/209472/register>

ONLINE ENTRIES WILL CLOSE AT 11:59PM ON THURSDAY 10/20/22