

37TH Annual
WESTCHESTER – ROCKLAND – DUTCHESS - PUTNAM
TRACK & FIELD COACHES ASSOCIATION
CROSS COUNTRY INVITATIONAL
SATURDAY OCTOBER 19, 2024
Woodlands High School – 475 W Hartsdale Ave, Hartadale, NY 10530

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

10:00AM	FROSH BOYS I	2400 METERS
10:15AM	FROSH GIRLS I	2400 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	2400 METERS
3:30PM	FROSH GIRLS II	2400 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 NYMILESPLOT AND THE SECTION ONE CROSS COUNTRY SPORTSYOU PAGE ON WEDNESDAY OCTOBER 16, 2024

RACES WILL BE ADDED OR DELETED AS ENTRIES WARRANT.

ALL VARSITY RACES WILL BE EQUALLY SEEDED.

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.

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

**37TH Annual
Westchester Rockland Dutchess Putnam Track & Field Coaches Association
Cross Country Invitational
Saturday October 19, 2024
Woodlands High School**

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 TO:
**PAT DRISCOLL
TAPPAN ZEE HIGH SCHOOL
15 DUTCH HILL RD
ORANGEBURG, NY 10962**

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

ENTRIES MAY BE E-MAILED TO: PDRISCOLL@SOCSD.ORG

ENTRIES (HARD COPY) MUST BE RECEIVED BY OCTOBER 10, 2024. NO LATE ENTRIES!

REMEMBER FINAL TIME SCHEDULE AND RACE ASSIGNMENTS CAN BE FOUND AT NYMILESPLIT OR THE SECTION ONE CROSS COUNTRY COACHES SPORTSYOU PAGE ON WEDNESDAY OCTOBER 16, 2023.

ONCE YOUR PAPER ENTRY HAS BEEN SENT IN, YOU MUST ENTER YOUR TEAM & ROSTER ON LINE AT ATHLETIC.NET. ONLINE ENTRIES WILL CLOSE AT 11:59PM ON THURSDAY 10/17/24

