



37th Annual



**SUFFERN HIGH SCHOOL
CROSS COUNTRY INVITATIONAL
BEAR MOUNTAIN STATE PARK**

SATURDAY, SEPTEMBER 23rd, 2023

VARSITY RACES: There will be six varsity races (3 boys and 3 girls). A school may participate in only one varsity boys and one varsity girls race. Fields for each race will be determined through seeding and blind draw. Depending on the meet entry, an additional varsity boys and/or girls race may be added.

JV RACE: There will be two junior varsity races (1 boys and 1 girls). A school must be represented in the varsity race to compete in the junior varsity race. A school may enter multiple teams of seven runners each.

SOPHOMORE RACE: There will be one sophomore boys race. A school must be represented in the varsity race to compete in the sophomore race. A school may enter multiple teams of seven runners each.

FRESHMAN RACES: There will be two freshman races (1 boys and 1 girls). A school must be represented in the varsity race in order to compete in the freshman race. A school may enter multiple teams as long as each team has seven runners.

AWARDS: Awards will be given on the following basis and presented after each race. The top twenty-five individuals in each race will receive medals. The top three teams in each varsity race will receive plaques. The top three teams in all races will receive medals (7). The winning teams in JV, sophomore and freshman races will receive a trophy. The fastest individual boy and girl of the day will receive a plaque.

DIRECTIONS TO BEAR MOUNTAIN FROM THE TAPPAN ZEE BRIDGE: New York State Thruway to Exit 13 (Palisades Parkway North) to Bear Mountain traffic circle (about 20 miles). Follow the signs for the Bear Mountain Inn. School buses MAY use the Parkway.

ENTRY: Meet online at <https://ny.milesplit.com/meets/565449-suffern-invitational-2023/info> Enter/Edit roster and input into races. Enter races you desire and be sure all athletes are entered in a race. Runners can switch races; they are not bound to the one they were entered.

ENTRY FEE: All races are for each varsity, junior varsity, sophomore, or freshman team. Make checks or purchase orders payable to **SUFFERN TRACK**.

ENTRY DEADLINE: Entries, along with a typed roster, must be received by Monday, September 18th. Entries received after the deadline may be rejected. You may fax your entry to (845-357-4947), if necessary, along with the appropriate claim form or purchase order. Please note: This is an entry fee, not a participation fee. Your school will be held responsible for this fee whether you participate in the meet or not. ***Be certain to send Jeff your entry so he knows which races to put you in.***

ORDER OF RACES

8:00	Boys Sophomore Race	3.0 miles
8:25	Boys Freshman Race	1.5 miles
8:40	Girls Freshman Race	1.5 miles
8:55	Boys Junior Varsity Race	3.0 miles
9:20	Girls Junior Varsity Race	3.0 miles
9:50	Boys Varsity A Race	3.0 miles
10:15	Girls Varsity A Race	3.0 miles
10:45	Boys Varsity B Race	3.0 miles
11:10	Girls Varsity B Race	3.0 miles
11:40	Boys Varsity C Race	3.0 miles
12:05	Girls Varsity C Race	3.0 miles



37th Annual

**SUFFERN HIGH SCHOOL
CROSS COUNTRY INVITATIONAL
BEAR MOUNTAIN STATE PARK**

SATURDAY, SEPTEMBER 23rd, 2023

ENTRY FORM

School _____ School Phone _____

Fax Number _____ Address _____

Boy's Coach _____ Girl's Coach _____

Cell Phone _____ Cell Phone _____

Boy's Email ** _____ Girl's Email ** _____

NUMBER OF TEAMS

Boys Freshman Race		at \$50.00				
Girls Freshman Race		at \$50.00				
Boys Sophomore Race		at \$50.00				
Boys Junior Varsity Race		at \$50.00				
Girls Junior Varsity Race		at \$50.00				
Boys Varsity Race		at \$50.00				
Girls Varsity Race		at \$50.00				
			Total Entry Fee			

Please make check or purchase order payable to: SUFFERN TRACK
(W-9 available upon request)

MAIL ENTRY TO: Jeff Dempsey
Suffern High School
49 Viola Road
Suffern, NY 10901

For further information, call Jeff Dempsey.

School – (845) 357-3800 x 352 Cell – (845) 304-7817 School Fax – (845) 357-4947

Email – jdempsey@sufferncentral.org

Please enter the meet at <https://ny.milesplit.com/meets/565449-suffern-invitational-2023/info>

AND send the ENTRY to Jeff Dempsey.