Suffolk County Track Officials Association Cross Country Invitational
Saturday, October 11, 2025

ENTRY FEE: $200 per team - unlimited number of runners per team. $30 per individual runner.
NOTE: Boys and girls are considered *separate* entry fees. Maximum entry fee is $200 for boys and $200 for girls.

AWARDS: Long-sleeve tee shirts to the top 10 finishers in each Varsity race. Medals to the top 25 finishers in each Varsity race. Medals to the top 20 finishers in all other races. Ribbons to all other finishers.

TIME SCHEDULE:

Girls JV	10:00	Boys Frosh	11:25
Girls Varsity	10:35	Boys Varsity	11:45
Girls Frosh	11:05	Boys JV	12:10

GENERAL INFORMATION:

1. Varsity will run the 5K course.
2. JV runners will run the 2.5 mile course.
3. Frosh will run a 1.5 mile course over the bridge.
4. The nearest hotels are the Radisson Hotel in Hauppauge and Hampton Inn LI in Commack. These hotels are approximately 10 minutes from the park.
5. Long-sleeved custom tee shirts will be on sale.
6. Team must first be entered in Varsity race before entering JV.
7. Toll at Sunken Meadow State Park bus entry fee is $35 with state permit, and $75 without state permit. (Apply to state parks for a permit a few weeks ahead at (631) 321-3515)
   *This meet is sanctioned for all of New York State.

SCHOOL NAME _____

SCHOOL ADDRESS _____

COACH'S NAME & PHONE_____ _____

COACH'S HOME ADDRESS_____

COACH'S E-MAIL ADDRESS _____

All rosters must be submitted on-line by October 4, 2025 to:
ny.milesplit.com

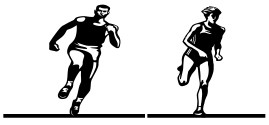
Enter the number of runners in each race. **Be as accurate as possible!!**

Girls
JV runners # _____ (unlimited)
Varsity runners # _____ (7 Max)
Frosh runners # _____ (unlimited)

Boys
Frosh runners # _____ (unlimited)
Varsity runners # _____ (7 Max)
JV runners # _____ (unlimited)

On-line entry and paper entry are both due by October 4, 2025
****CHECK or VOUCHER MADE OUT TO: Suffolk Track Officials Association**
An entry requires payment, even if your team does not show up.
Please mail paper entry to: Peter McArdle, 804 Elmwood Rd. West Babylon, NY 11704
Cell Phone: (631) 774-7807
Email: pmcardle804@gmail.com

This meet is sponsored by Sayville Running Company
49 Main Street, Sayville, NY



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