

SUFFOLK COUNTY COACHES ASSOCIATION CROSS COUNTRY INVITATIONAL
SEPTEMBER 24th, 2022- SUNKEN MEADOW STATE PARK, NY

MEET DIRECTORS:

Phil Armato- parmato@wbschools.org - West Babylon

Vin Ungaro- Bayport-Blue Point

ENTRY DEADLINE: POSTMARKED BY September 19th, 2022

Have entry mailed with PO or Payment

Fill out form (link below) as soon as you decide on attending (this helps with scheduling races)

MAIL ENTRIES AND PAYMENT TO:

SUFFOLK CROSS COUNTRY AND TRACK COACHES ASSOCIATION, INC.
PO BOX 761
SAYVILLE, NY 11782

ONLINE ROSTER ENTRY: Registration will be done via MileSplit

Registration must be done by MIDNIGHT, WEDNESDAY, SEPTEMBER 21st, 2022.

PLEASE FILL OUT THE FOLLOWING FORM SO WE KNOW WHAT SCHOOLS INTEND TO COMPETE:

[Google Form for Entry into Suffolk Coaches Invitational](#)

ADDITIONAL INFO:

- SANCTIONING WILL BE NYSPHSAA, CHSAA, PSAL, NYSAIS
- YOU MUST GET A PURCHASE ORDER FROM YOUR BUSINESS OFFICE
- PLEASE SEND IN ENTRY WITH PAYMENT OR PO AS SOON AS POSSIBLE
- A SCHOOL MAY ENTER ONLY ONE VARSITY TEAM.
- **AWARDS:**
 - **VARSIITY:**
 - T-SHIRTS TOP 15; MEDALS TO TOP 30.
 - TEAM AWARD AND CHAMPIONSHIP TEES FOR 1ST PLACE.
 - **NON-VARSITY RACES:**
 - T-SHIRTS TO TOP 10;MEDALS TO TOP 25.
 - **INDIVIDUAL AWARDS:**
 - AWARD FOR BEST TIME OF THE DAY (BOY AND GIRL)
- COMMEMORATIVE LONG-SLEEVED T-SHIRTS WILL BE ON SALE FROM SCHWAB'S 2ND WIND.

RACE SCHEDULE:

(MEET DIRECTOR CAN ADD OR ELIMINATE RACES BASED ON ENTRIES)

TIME	RACE	GENDER	DIVISION
9:00AM	FRANK LA BIANCA 5K	BOYS	VARSITY A
9:25AM	LARRY HOEFFNER 5K	GIRLS	VARSITY A
9:55AM	BILL GERHARDT 5K	BOYS	VARSITY B
10:20AM	PAUL KORETZKI 5K	GIRLS	VARSITY B
10:50AM	HARRY SCHNEIDER 5K	BOYS	SOPHOMORE
11:15AM	KURT PASLER 5K	BOYS	JUNIOR VARSITY
11:40AM	CYNTHIA QUINN 5K	GIRLS	JUNIOR VARSITY
12:10PM	JIM GILHOOLEY 1.5 MILES	GIRLS	FRESHMEN A
12:25PM	BILL SHELLEY 1.5 MILES	GIRLS	FRESHMEN B
12:40PM	VINNY ABRAMS 1.5 MILES	BOYS	FRESHMAN A
12:55PM	TOM PUTNAM 1.5 MILES	BOYS	FRESHMAN B

Reminder that all MileSplit entries are due by September 21st, 2022

ENTRY FORM CAN BE FOUND ON NEXT PAGE

SUFFOLK COUNTY COACHES ASSOCIATION CROSS COUNTRY INVITATIONAL
SEPTEMBER 24th, 2022- SUNKEN MEADOW STATE PARK, NY

SUFFOLK COACHES ENTRY FORM

SCHOOL: _____

BOYS OR GIRLS CIRCLE ONLY ONE - **USE SEPARATE ENTRY FOR EACH GENDER**

COACH: _____; E-MAIL & CELL : _____

AD NAME & PHONE: _____

INDICATE THE NUMBER OF TEAMS IN EACH CATEGORY:

(A SCHOOL MAY PARTICIPATE IN ONLY ONE VARSITY RACE AND NO SCHOOL MAY ENTER A JUNIOR VARSITY TEAM UNLESS THEY HAVE ENTERED A TEAM IN THE VARSITY DIVISION.)

7 ATHLETES MAKE UP A VARSITY TEAM; ALL OTHER RACES HAVE UNLIMITED NUMBERS

VARSIY: _____ JUNIOR VARSITY: _____

SOPHOMORE: _____ FRESHMEN: _____

TOTAL TEAMS: @ \$50.00 (1) \$ _____

INDICATE THE NUMBER OF INDIVIDUALS IN EACH CATEGORY:

ONLY ENTER INDIVIDUALS IF YOU DO NOT HAVE A "TEAM" ENTERED IN AN ABOVE CATEGORY

JUNIOR VARSITY: _____ SOPHOMORE: _____

FRESHMEN: _____

TOTAL INDIVIDUALS: @ \$10.00 = (2) \$ _____

For schools **outside** of Suffolk County - \$35.00 (3) \$ _____ (New York State Parks Fee For Bus Entry Permit- Suffolk Schools Are Charged Through Section XI- Enter \$0)

For schools outside of Suffolk County - \$25.00 (4) \$ _____ Official Fees must be included. (Suffolk Schools Are Charged Through Section XI- Enter \$0)

For Suffolk County Schools: Association Dues (\$50.00) (5) \$ _____

TOTAL FEE (Sum of sections 1-5): \$ _____

THIS IS AN ENTRY FEE, NOT A PARTICIPATION FEE!

MAIL ENTRIES AND PAYMENT TO: SUFFOLK COUNTY COACHES ASSOC. INC PO BOX 761
SAYVILLE, NY 11782

CHECKS PAYABLE TO: SUFFOLK COUNTY CROSS COUNTRY AND TRACK COACHES
ASSOCIATION, INC. Tax ID # - 11-2843457

Suffolk Coaches Invitational Entry Procedure:

- 1) Click [here](#) to enter the divisions you intend to race in. This is solely for seeding purposes as I can plug you into a race ASAP instead of waiting for your paperwork to come in.

- 2) Fill out the entry form entirely. Add up the total of lines 1-5 on the entry form and that is how much you owe.

- 3) Submit your entry form to your business office. Please ask them to mail in entry form and PO as soon as they can. We expect payment to follow. As long as you enter using the link and we have a PO from your school, there will be no problems.

- 4) BE SURE TO REGISTER YOUR TEAMS ON MILESPLIT!