

SUFFOLK COUNTY COACHES ASSOCIATION CROSS COUNTRY INVITATIONAL

SEPTEMBER 27th, 2025
SUNKEN MEADOW STATE PARK, NY

MEET DIRECTORS:

Gregg Cantwell - Northport HS (cantwell.gregg@gmail.com)

ONLINE ROSTER ENTRY:

Registration will be done via (click for link): [MileSplit Entry Link](#)

Registration must be done by 9:00 pm on Wednesday, September 24th, 2025.

Mail entries and payment to:

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

POSTMARKED by SEPTEMBER 24th, 2025.

ADDITIONAL INFO:

- SANCTIONING WILL BE NYSPHSAA, CHSAA, PSAL, NYSAIS

- **AWARDS**

- VARSITY:**

- T-SHIRTS TOP 15; MEDALS TO TOP 30.
 - TEAM AWARD AND CHAMPIONSHIP TEES FOR 1ST PLACE TEAM.

- NON-VARSITY RACES:**

- T-SHIRTS TO TOP 10; MEDALS TO TOP 30.

- 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	GENDER/RACE/DIVISION
9:00 AM 9:25 AM	GIRLS VARSITY "A" 5000M BOYS VARSITY "A" 5000M
9:55 AM 10:20 AM	GIRLS VARSITY "B" 5000M BOYS VARSITY "B" 5000M
10:50 AM 11:20 AM 11:50AM	GIRLS JUNIOR VARSITY 5000M BOYS SOPHOMORE 5000M BOYS JUNIOR VARSITY 5000M
12:20 PM 12:40 PM	GIRLS FROSH 1.5 MILE BOYS FROSH 1.5 MILE

Reminder: MileSplit entries are due by Wednesday, September 24th @ 9:00pm.

Entry Procedure:

- 1) Fill out the entry worksheet entirely. There are separate entry forms for Section XI schools and Non-Section XI schools. Sectional XI schools will be billed for their share of officials costs. Add up the total of lines 1-4 or lines 1-5 on the entry form to see how much you owe.
- 2) Submit your entry form to your business office. Please ask them to mail in entry form and PO as soon as possible. We expect payment to follow.
- 3) To enter your team, please click on link. [MileSplit Entry Link](#)

Section XI Member Schools Entry Form Worksheet

INDICATE THE NUMBER OF TEAMS IN EACH CATEGORY:

A SCHOOL MAY PARTICIPATE IN ONLY ONE VARSITY RACE.

NO SCHOOL MAY ENTER A JUNIOR VARSITY TEAM UNLESS THEY HAVE ENTERED A VARSITY TEAM.

TEAM IS CONSIDERED TO BE MADE UP OF "7" INDIVIDUALS. (5 SCORE, 6TH BREAKS TIES)

VARSITY: _____

JUNIOR VARSITY: _____

SOPHOMORE: _____

FROSH: _____

TOTAL TEAMS: @ \$70.00 (1) \$ _____

INDICATE THE NUMBER OF INDIVIDUALS IN EACH CATEGORY:

ONLY ENTER INDIVIDUALS IF YOU DO NOT HAVE A "TEAM" ENTERED IN AN ABOVE CATEGORY OR IF YOU ARE ENTERING MORE THAN 7 ATHLETES IN THESE RACES.

JUNIOR VARSITY: _____ SOPHOMORE _____ FRESHMEN: _____

TOTAL INDIVIDUALS: @ \$10.00 per athlete (2) \$ _____

TOTAL TEAM ENTRY COST: (Sum of lines 1 & 2) (3) \$ _____

(Please enter blanket fee of \$200 if above that amount)

COACHES ASSOCIATION DUES: (\$50.00) (4) \$ _____

TOTAL FEE (Sum of sections 3&4): \$ _____

NON-SECTION XI SCHOOLS Entry Form Worksheet

INDICATE THE NUMBER OF TEAMS IN EACH CATEGORY:

A SCHOOL MAY PARTICIPATE IN ONLY ONE VARSITY RACE.

NO SCHOOL MAY ENTER A JUNIOR VARSITY TEAM UNLESS THEY HAVE ENTERED A VARSITY TEAM.

TEAM IS CONSIDERED TO BE MADE UP OF "7" INDIVIDUALS. (5 SCORE, 6TH BREAKS TIES)

VARSITY: _____

JUNIOR VARSITY: _____

SOPHOMORE: _____

FROSH: _____

TOTAL TEAMS: @ \$70.00 (1) \$ _____

INDICATE THE NUMBER OF INDIVIDUALS IN EACH CATEGORY:

ONLY ENTER INDIVIDUALS IF YOU DO NOT HAVE A "TEAM" ENTERED IN AN ABOVE CATEGORY OR IF YOU ARE ENTERING MORE THAN 7 ATHLETES IN THESE RACES.

JUNIOR VARSITY: _____

SOPHOMORE _____

FRESHMEN: _____

TOTAL INDIVIDUALS: @ \$10.00 per athlete (2) \$ _____

TOTAL TEAM ENTRY COST: (3) \$ _____

(Please enter blanket fee of \$200 if above that amount)

OFFICIALS FEE: (\$50.00) (4) \$ 50.00

TOTAL FEE (Sum of sections 3 thru 5): \$ _____

**SUFFOLK COUNTY COACHES ASSOCIATION
CROSS COUNTRY INVITATIONAL**

Saturday, September 27th 2025
SUNKEN MEADOW STATE PARK, NY

USE A SEPARATE FORM FOR EACH GENDER !!!

SCHOOL: _____ **TEAM GENDER:** _____

COACH: _____

E-MAIL: _____

Cell: _____

AD NAME /PHONE: _____

TOTAL FEE FROM WORKSHEET: \$ _____

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