

# Suffolk County Track Officials Association Cross Country Invitational

## Saturday, October 7, 2023

**ENTRY FEE:** \$150 per team - unlimited number of runners per team. \$25 per individual runner.

NOTE: Boys and girls are considered *separate* entry fees. Maximum entry fee is \$150 for boys and \$150 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. Team plaques to the top three teams in each Varsity race. First place plaques in JV & Frosh.

### 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. JV runners will run the same 5K course as Varsity runners.
2. Frosh will run a 1.5 mile course over the bridge.
3. The nearest hotels are the Radisson Hotel in Hauppauge and Hampton Inn LI in Commack. These hotels are approximately 10 minutes from the park.
4. Long sleeve custom tee shirts will be on sale.
5. Team must first be entered in Varsity race before entering JV.
6. 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 September 30, 2023 to:**

[ny.milesplit.com](http://ny.milesplit.com)

Enter the number of runners in each race. **Be 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 September 30, 2023

**\*\*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](mailto:pmcardle804@gmail.com)

**This meet is sponsored by Sayville Running Company**

**49 Main Street, Sayville, NY**

