

**23rd ANNUAL
SUFFERN HIGH SCHOOL CROSS COUNTRY INVITATIONAL
BEAR MOUNTAIN STATE PARK
SATURDAY, SEPTEMBER 20, 2008**

VARSITY RACES: There will be six varsity races (3 boys and 3 girls.) A school may participate in only one varsity boy's and one varsity girl's race. Fields for each race will be determined through seeding and blind draw.

J.V. RACES: 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 boy's 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 three freshman races (2 boys and 1 girls.) A school must be represented in the varsity race 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 Bear Mountain Inn. School buses MAY use the parkway.

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

ENTRY DEADLINE: Entries, along with a **typed** roster, must be received by Friday, September 12. Entries received after the deadline will be rejected. Entries may be faxed, (fax # is 845 357-4947) if necessary, along with 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.

You must include a typed (or clearly written) team roster with your entry in order for your team to participate in the meet.

ORDER OF RACES

8:00 a.m.	Boys Sophomore Race	3.0 miles
8:25 a.m.	Boys Freshman A Race	1.5 miles
8:30 a.m.	Boys Freshman B Race	1.5 miles
8:35 a.m.	Girls Freshman Race	1.5 miles
8:50 a.m.	Boys Junior Varsity Race	3.0 miles
9:10 a.m.	Girls Junior Varsity Race	3.0 miles
9:35 a.m.	Boys Varsity A Race	3.0 miles
9:55 a.m.	Girls Varsity A Race	3.0 miles
10:20 a.m.	Boys Varsity B Race	3.0 miles
10:40 a.m.	Girls Varsity B Race	3.0 miles
11:05 a.m.	Boys Varsity C Race	3.0 miles
11:25 a.m.	Girls Varsity C Race	3.0 miles

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ENTRY FORM

SCHOOL _____ SCHOOL PHONE _____
 FAX NUMBER _____
 ADDRESS _____
 STREET _____ CITY _____
 STATE _____ ZIP _____
 BOYS' COACH _____ HOME PHONE _____
 GIRLS' COACH _____ HOME PHONE _____
 EMAIL _____ **** (you will receive confirmation that your entry has been received)**

PLEASE NOTE: All races are now

	<u>NUMBER OF TEAMS</u>			
BOYS FRESHMAN RACE	_____	at	\$40.00 =	_____
GIRLS FRESHMAN RACE	_____	at	\$40.00 =	_____
BOYS SOPHOMORE RACE	_____	at	\$40.00 =	_____
BOYS JUNIOR VARSITY RACE	_____	at	\$40.00 =	_____
GIRLS JUNIOR VARSITY RACE	_____	at	\$40.00 =	_____
BOYS VARSITY RACE	_____	at	\$40.00 =	_____
GIRLS VARSITY RACE	_____	at	\$40.00 =	_____
TOTAL ENTRY FEE			=	_____

Please make checks or purchase order payable to: **SUFFERN HIGH SCHOOL**
 Mail to: **JOE BIDDY
 SUFFERN HIGH SCHOOL
 VIOLA ROAD
 SUFFERN, NEW YORK 10901**

For further information, call Joe Bidy.
 School – (845) 357-3800 Home – (845) 323-8542 School Fax – (845) 357-4947
 Home Fax – (845) 639-1949

