

Coaches,

Thank you for entering the 30th annual Xavier Invitational. Just a few points of information about the meet.

1. This is an old fashioned, beginning of the season meet. (You know like when you were in High school, All each runner needs is a index card with **NAME, SCHOOL, RACE (eg. Frosh A)** printed on it. .)
2. There is no team score. We just want to give the kids an opportunity to have a fast race early in the season.
3. We also want to make sure that a lot of kids have a chance at a medal.
4. The course at VCP is undergoing construction. This will necessitate a change to the Freshmen course. The distance will still be 1.5 miles but the course will altered.
5. The NYC Parks department does not want any tents staked to the ground. SO if you bring a tent you are not allowed to stake it to the ground. ALSO, due to the construction you might not be able to put the tent anywhere, as you would probably be in the way of the race or other people who are using the park.
6. Last year we had a number of mishaps at the meet, the least of which was the fact that the official watches broke. Coaches are reminded that they are responsible for getting their own time. The top 100 times in each race will be posted on chsaatrack.org on Monday morning and Armorytrack.com sometime during the week
7. Please split your freshmen boys up. Do not run all of them in the same race. The idea is to give more freshmen a chance to medal.
8. Medals are being handed out in the chute, if you athlete leaves the chute early, she/he will not receive his/her medal
9. **Teams that did not pay last year are not competing this year unless you pay for both years prior to the race.**(I have a list of schools who owe money.)

If you have any questions, please feel free to ask me. Once again thank you for entering the meet.

Pat Dormer
Patd614@verizon.net

30th ANNUAL XAVIER CROSS COUNTRY INVITATIONAL

SATURDAY SEPTEMBER 20, 2008

VAN CORTLANDT PARK

12:10 P.M.	FROSH GIRLS RACE	Top 50 awarded medals
12:30 P.M.	VARSITY GIRLS RACE	Top 50 awarded medals
1:05 P.M.	FROSH BOYS A RACE	(For your 1,3,5, etc runners) Top 50 awarded medals
1:15 P.M.	FROSH BOYS B RACE	(For your 2,4,6, etc runners) Top 50 awarded medals
1:35 P.M.	SOPHOMORE BOYS RACE	Top 50 awarded medals
1:45 P.M.	JUNIOR YEAR BOYS RACE	Top 50 awarded medals
1:55 P.M.	VARSITY BOYS RACE	Top 50 awarded medals

ENTRY FEE: \$ 3.00 PER RUNNER

Make checks payable to: FORDHAM PREP SPIKE SHOE CLUB

Mail Entries to: 26 Harvard Street
Williston Park, NY 11596

Entries close at the above address on: Thursday, September 19, 2008

SCHOOL: _____

COACH: _____

HOME PHONE#: _____

# _____ Freshman Girls @\$3 per	\$ _____
# _____ Varsity Girls @\$3 per	\$ _____
# _____ Freshman Boys @ \$ 3 per	\$ _____
# _____ Sophomore Boys @ \$3 per	\$ _____
# _____ Junior Boys @ \$3 per	\$ _____
# _____ Varsity Boys @ \$ 3 per	\$ _____

Total # of Runners: _____

Total \$ _____