**The 50th Annual Nassau Coaches XC Invitational**

**Saturday, October 15th, 2016 – Bethpage State Park**

**Meet Directors: Michael Ringhauser and Fred DeRuvo**

All races will be contested over the traditional 5k course!

**Meet Notes:**

1. The invitational will be conducted via National Federation rules.
2. Each school may run **one varsity team**, consisting of up to **ten individuals**. Entries in the freshmen, sophomore, and junior varsity races are unlimited.
3. All fees associated with the invitational are entry, not participation, fees.
4. Competing schools will split the cost of the officials with non-Section VIII schools being charged $25 towards that cost.
5. Coaches and spectators will only be allowed in pre-selected areas that will be discussed during the coaches meeting. At no time should anyone be on the course itself – doing so could result in team disqualification.

**Invitational Awards:**

* **Medals** to the **Top 50 Individuals** in All Races
* **Plaque** for **Fastest Time of the Day** (One Boy, One Girl)
* **Plaque** for **Fastest 5th Man of the Day** (One Varsity Boy, One Varsity Girl)
* **Plaques** to the **Top 3 Teams** in the Freshmen, Sophomore, and Varsity Races

*Please Note - No Team Awards Given for the Junior Varsity Races!*

* **T-Shirts** to the **Winning Team and Coach** in Varsity, Frosh and Soph Races

**Varsity Seeding**:

Requests for seeding in the varsity races must accompany your entry. We will try to accommodate all requests, however, the final decisions will be made with the goal to have two equally competitive varsity sections. Varsity race assignments will be posted by October 13th on the Section VIII and Just-In-Time websites. **There will be NO changes to the assigned races on the day of the invitational.**

**Rosters:**

All high school teams must submit their rosters to [www.just-in-time-racing,com](http://www.just-in-time-racing,com) and have their athletes compete with a 3x5 index card pinned to their jersey with their NAME, SCHOOL, and ASSIGNED NUMBER. Index cards may have that information printed and attached via label or can be neatly handwritten.

**Parking:**

Bethpage State Park will charge for parking with the cost for cars being $8 and bus parking costing $75 without a pre-purchased pass. Section VIII teams should buy the pass themselves as listed in the handbook. Non-Section VIII teams should purchase the pass from the Coaches Association which can be done on the entry.

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*Invitational Schedule*:

Coaches Meeting (Finish Line) 9:45 am

Boys Freshmen 10:00 am

Girls Freshmen 10:05 am

Boys Sophomore 10:25 am

Girls Sophomore 10:30 am

Boys Junior Varsity 11:00 am

Girls Junior Varsity 11:15 am

Boys Varsity “A” 11:35 am

Girls Varsity “A” 12:00 am

Boys Varsity “B” 12:25 am

Girls Varsity “B” 12:45 am

*All times are approximate and subject to change. A finalized time schedule will be posted on the Section VIII website by October 13th.*

**Meet Notes:**

1. All teams must have their rosters submitted to Tony Toro on [www.just-in-time-racing.com](http://www.just-in-time-racing.com). Each runner must compete with a 3x5 index card pinned to their jersey with their NAME, SCHOOL, and ASSIGNED NUMBER.
2. There will only be box assignments for the varsity races. Assignments will be posted online prior to the meet and be included in the welcoming packet.
3. Remember that all coaches, spectators and athletes are only permitted in the locations outlined during the coaches meeting. Teams found in prohibited locations are subject to being disqualified.
4. Medals will be given out to the Top 50 individuals at the conclusion of each race as they exit the finishing chute. Team awards will be announced shortly after the posting of the team scores. Awards for the Fastest Time and Fastest 5th Man (Varsity) will take place shortly after the conclusion of the meet.
5. Please keep the park clean. Ask your teams to pick up your area prior to leaving the park. There are many garbage cans surrounding the area.

**Questions?**

Michael Ringhauser, NCTCA President

[michael.ringhauser@yahoo.com](mailto:michael.ringhauser@yahoo.com) or (631) 245-1564

Fred DeRuvo, NCTCA Treasurer

[coachderuvo@gmail.com](mailto:coachderuvo@gmail.com)

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**Saturday, October 15th, 2016 – Bethpage State Park**

**Entries must be received by Wednesday, October 12th, 2016.**

**Please use separate entries for boys and girls teams.**

Circle One: BOYS ENTRY GIRLS ENTRY

School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Freshmen** # of Runners \_\_\_\_\_\_\_\_\_\_ x $6 = $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Sophomores** # of Runners \_\_\_\_\_\_\_\_\_\_ x $6 = $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Junior Varsity** # of Runners \_\_\_\_\_\_\_\_\_\_ x $6 = $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Varsity Team Circle: YES NO** x $45 = $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**NON-SECTION VIII TEAMS ADD $25 FOR OFFICIALS** = $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Section VIII teams will split the cost of officials and be billed through BOCES.*

**ADD $35 IF PURCHASING A BETHPAGE BUS PASS** = $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***TOTAL ENTRY FEE*** = $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Checks Payable: Nassau County Track Coaches Association (NCTCA)

Tax ID: 421705038

Mail Entries: Fred DeRuvo Fax Entries: Fred DeRuvo

730 Boelsen Drive 516-334-5461

Westbury, NY 11590 (9am – 7pm Only)

Questions: Michael Ringhauser, NCTCA President

Phone – (631) 245-1564

E-mail – [michael.ringhauser@yahoo.com](mailto:michael.ringhauser@yahoo.com)

Fred DeRuvo, NCTCA Tresurer

E-mail – [coachderuvo@gmail.com](mailto:coachderuvo@gmail.com)

**Nassau Country Track Coaches Association**

**2016-2017 Important Dates:**

[](https://www.google.com/imgres?imgurl=http%3A%2F%2Fclip4art.com%2Fwp-content%2Fuploads%2F2016%2F07%2Ftrack-foot-clipart-track-foot-clipart-track-clip-art-track-shoe-with-wings-clipart-panda-free-892-x-564.jpeg&imgrefurl=http%3A%2F%2Fclip4art.com%2Ftrack-foot-clipart.png%2Ftrack-foot-clipart-track-foot-clipart-track-clip-art-track-shoe-with-wings-clipart-panda-free-892-x-564&docid=iHbYhmc-xwTxyM&tbnid=547bjkRTb2EWMM%3A&w=820&h=518&bih=600&biw=1360&ved=0ahUKEwjH5ZO3kt3OAhXCvxQKHUE2Az0QMwg3KAAwAA&iact=mrc&uact=8)

Saturday, October 15th, 2016 NCTCA Cross-Country Invitational

Bethpage State Park

Monday, December 5th, 2016 NCTCA XC Awards Dinner

Crest Hollow Country Club

Saturday, December 10th, 2016 NCTCA Indoor Track Invitational

Ocean Breeze (Staten Island)

Monday, March 6th, 2017 NCTCA Winter Track Awards Dinner

Crest Hollow Country Club

*NCTCA Outdoor Track Invitational To Be Announced*

*April 2017*

Monday, June 12th, 2017 NCTCA Spring Track Awards Dinner

Crest Hollow Country Club