

RED RAIDER RUN

CROSS COUNTRY INVITATIONAL 2017

Dear Coach,

We would like to invite your team to compete in the 30th annual ***RED RAIDER RUN*** Cross Country Invitational on ***Friday September 8, 2017.*** Over the years, the meet has been highly successful, and we will make every effort to make this year's meet even better for your team. ***We will again be using computerized scoring this year.*** To accomplish this, each school must ***ENTER THE MEET ONLINE @ MILESPLIT & SEND THE ENTRY FORM TO MEET DIRECTOR Gene Dall. Make sure your milesplit roster is up to date.***

Anthony Wayne Recreation Area is no longer the site of our meet.

The Palisades Park Commission has moved **Octoberfest** (which begins in September!) to A. Wayne Park. Due to the anticipated grounds development for that event, ***we now run the meet at Bear Mountain State Park.*** The course at Bear Mountain is 3.0 miles long.

We want your team in our meet! The Park is located 35 miles north of New York City, directly on Route 9W. Also, in moving to Bear Mountain, it eliminates the need for schools to apply for bus permits for the day of the meet.

Sincerely,

Gene Dall, Meet Director
Brian Diglio, Girls CC Coach
Chris Lent, Boys CC Coach

for more info call Gene Dall's cell: (914) 393 4901 e-mail: genedall@optonline.net
or Brian Diglio at (845) 662-1181 – email: bdiglio@northrockland.org

ENTRY FORM MUST BE IN OUR HANDS BY
FRIDAY SEPT. 2ND

NOTES FOR COACHES:

1. **YOU MUST START A COMPLETE VARSITY TEAM (5), IN ORDER TO ENTER A TEAM IN A JV RACE.**

2. **Red Raider Run** Tee Shirts will be on sale at the snack stand.

3. Red Raider Run T-shirts will be on sale

4. Individual medals will be given out at the **END OF THE CHUTE**

5. **INDIVIDUAL AWARDS:**

New this year - Plaque to 1st place finisher of each Varsity race
medals to the next 19, 20 medals in JV & Fr. Races

6. **TEAM AWARDS:**

Medals to the top 3 teams in each varsity race

Medals to the top 2 teams in each JV & freshman race

Plaques to the top 2 teams in each varsity race

Plaques to the top team in each JV & freshman race

7. **SCORING:**

Each athlete will wear their assigned # during the race – **ON THEIR CHEST**

After the race, when the athletes enter the chute, they will tear off the bottom of their # containing the bar code sticker and hand it to the official collecting the strip that has the sticker on it.

THAT'S IT – NO CARDS TO TURN IN, NO SCORES TO ADD UP

Results should be posted within 15 minutes of the end of the race!

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RACE SCHEDULE: PARK OPENS FOR INSPECTION @ 1:00pm

4:00pm	Girls Freshman Race	1.8 miles
4:20pm	Boys Freshman Race	1.8 miles
4:40pm.	Girls Varsity Race	3.0 miles
5:05pm.	Boys Varsity Race	3.0 miles
5:30pm.	Girls JV Race	3.0 miles
5:55pm.	Boys JV Race	3.0 miles

RACES WILL BE ADDED OR DELETED AS NEEDED

RACES WILL BE SET UP AT RANDOM

Directions to Bear Mtn. State Park: Take Rt 9W to the Park entrance, the start is located in front of the carousel, finish line is located on the south side of the Inn.

RED RAIDER RUN ENTRY FORM 2017

School _____
Street: _____ City: _____ State _____
Zip Code: _____

Boys Coach _____
Home Phone: _____
e-mail: _____

Girls Coach: _____
Home Phone: _____
e-mail : _____

Athletic Director's Name _____
Ad's Office phone # _____

YOU MUST RUN A COMPLETE VARSITY TEAM (5) IN ORDER TO ENTER A TEAM IN A JV RACE

Enter as many teams as you want in the Fr & JV races.

*Only **7 athletes** per team please.*

Only 1 Varsity Boys & 1 Varsity Girls team may be entered

Boys Freshman Race	_____	@ \$35.00 =	_____
Boys JV Race	_____	@ \$40.00 =	_____
Boys Varsity Race (1 team)	_____	@ \$45.00 =	_____
Girls Freshman Race	_____	@ \$35.00 =	_____
Girls JV Race	_____	@ \$40.00 =	_____
Girls Varsity Race (1 team)	_____	@ \$45.00 =	_____
		TOTAL =	_____

Please **make checks payable to** & send entry to: **Red Raider Track Club**
6 Deer Run
Tomkins Cove, NY.
10986

E-Mail: genedall@optonline.net (you may e-mail your entry form)

ENTRY FORM IN OUR HANDS BY FRIDAY SEPT. 2ND