**Twenty Sixth Annual Jim Smith Memorial Cross Country Run**

Saturday, September 21, 2013 Port Jefferson High School will conduct the Twenty Sixth Annual Jim Smith Memorial Cross Country Meet. The meet will be held at Sunken Meadow State Park, Kings Park, New York. The first event will be at 9:30 A.M.

A team will consist of three to five runners. The first three runners will score. The fourth runner will break ties.

The races are as follows:

 Freshman Girls 9:30 A.M. 1.5miles

 Freshman Boys 9:45 A.M. 1.5miles

 Sophomore Girls 10:00 A.M. 5000m

 Sophomore Boys 10:30 A.M. 5000m

 Junior Girls 10:55 A.M. 5000m

 Junior Boys 11:25 A.M. 5000m

 Senior Girls 11:55 A.M. 5000m

 Senior Boys 12:20 P.M. 5000m

Awards are as follows:

Individuals: T-shirts to the first 25 finishers in each race. Trophy for the fastest time of

 the day in the 5000m races for both a boy and girl. Medals to top three

 finishers in each race.

Teams: Trophies for first three team places in all races. Medals to 1st, 2nd and 3rd place teams in each race.

Coaches: Jackets for winning coaches in all races.

If you would like to join us on Saturday, September 21, 2013 just fill in the enclosed entry form and mail it along with your check or P.O. to:

 Rod Cawley Meet Director ( 631) 924 9219

 Port Jefferson High School

 Old Post Rd.

 Port Jefferson, NY 11777

You may also email your entry to rcawl@aol.com

Please email entry to me prior to submitting entry to your business office.

Checks should be made out to **Port Jefferson High School.**

Please enter your roster on **just-in-time-racing.com** by Thursday, September 19, 2013.

This meet has been sanctioned for NY and VT.

 **BOYS ENTRY FORM**

 JIM SMITH MEMORIAL CROSS COUNTRY MEET

 SUNKEN MEADOW STATE PARK, KINGS PARK, NY

 SATURDAY, SEPTEMBER 21, 2013

School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School Fax # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The cost is $30.00 per team or $10.00 per individual. A team may consist of 3-5 individuals.**

 #Teams #Ind. Amount

Freshman Boys \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_

Sophomore Boys \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_

Junior Boys \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_

Senior Boys \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_

 Entries Total \_\_\_\_\_\_\_

**Maximum Boys entry fee is $200.00**

Make checks payable to **PORT JEFFERSON HIGH SCHOOL**

Mail to: Rod Cawley

 Port Jefferson High School

 Old Post Rd.

 Port Jefferson, NY 11777

Be sure to enter roster on **just-in-time-racing.com**

There is now a $35.00 bus admission fee being charged by New York State. You will be required to purchase a bus pass for $35.00 prior to entering the park. If you do not have a bus pass the bus entry fee will be $75.00

Pass information can be found at:

New York State Office of Parks, Recreation and Historic Preservation

Long Island Region-Belmont Lake State Park, P.O. Box 247,

Babylon, NY 11702-0247  (631) 699-1000

 **GIRLS ENTRY FORM**

 JIM SMITH MEMORIAL CROSS COUNTRY MEET

 SUNKEN MEADOW STATE PARK, KINGS PARK, NY

 SATURDAY, SEPTEMBER 21, 2013

School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School Fax # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The cost is $30.00 per team or $10.00 per individual. A team may consist of 3-5 individuals.**

 #Teams #Ind. Amount

Freshman Girls \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_

Sophomore Girls \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_

Junior Girls \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_

Senior Girls \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_

 Entries Total \_\_\_\_\_\_\_

**Maximum Girls entry fee is $200.00**

Make checks payable to **PORT JEFFERSON HIGH SCHOOL**

Mail to: Rod Cawley

 Port Jefferson High School

 Old Post Rd.

 Port Jefferson, NY 11777

Be sure to enter roster on **just-in-time-racing.com**

There is now a $35.00 bus admission fee being charged by New York State. You will be required to purchase a bus pass for $35.00 prior to entering the park. If you do not have a bus pass the bus entry fee will be $75.00

Pass information can be found at:

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Long Island Region-Belmont Lake State Park, P.O. Box 247,

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