

RIDGEWOOD CROSS COUNTRY INVITATIONAL

37th ANNUAL

VETERANS' FIELD

SATURDAY OCTOBER 16, 2010

Dear Coach,

Your cross country team (boys and girls) is invited to Ridgewood's 2010 Cross Country Invitational. If your school has both a boys and girls coach, please share this entry with your colleague. Our meet is sanctioned for New Jersey, New York, and Pennsylvania. The past several years our entry has warranted one varsity race and the time schedule reflects that. If entries warrant we will add a 2nd varsity race. Our 2pm start allows for test takers to make the meet. We will join the modern world this year and have the race scored with Hy-Tek!

This meet benefits The Abbingdon Track Club Scholarship fund which gives college money to cross country athletes from Ridgewood High School. We thank you for your support in this area.

Hope to see you on the 16th.

SCHEDULE OF EVENTS

USATF Youth Race	1:30pm
Girls Frosh	2:00pm
Boys Frosh	2:15pm
Girls J.V.	2:30pm
Boys J.V.	2:55pm
Girls Varsity	3:15pm
Boys Varsity	3:40pm

Race Lineups will be posted on the web Wednesday evening October 13th.

<http://www.jacobbrown.com/EntryForms/meetinfo.htm>

RIDGEWOOD CROSS COUNTRY INVITATIONAL
37th ANNUAL
VETERANS' FIELD **SATURDAY OCTOBER 16, 2010**

1. **Awards:** 30 medals in every race. 3 team awards in all varsity races. 2 team awards in sub varsity races.
2. **Entry Fees:** \$35 per team (7 runners). \$7 per individual.
Fees payable to: "Abbingdon Track Club, Inc."
3. **Entries Close:** Tuesday October 12, 2010.
Mail to: Jacob Brown, Meet Director
Ridgewood High School
627 East Ridgewood Ave.
Ridgewood, NJ 07451
Fax to: 201-493-7561
4. We are using the Hy-Tek scoring system for the meet this year. You must submit your team roster to Lou Fraulo by Monday October 11, 2010. Please e-mail your roster in a Hy-Tek tcl file to: fraulotiming@optonline.net. If you have done this for other meets you are all set! To our New York friends who don't have or understand Hy-Tek you may e-mail your roster to Jacob Brown at jacob@jacobbrown.com and we will create a file for you.
5. **Results** will be posted: <http://www.jacobbrown.com/results/results.htm>
6. **Questions:** Jacob Brown - 201-444-1697
Or on the web: <http://www.jacobbrown.com/EntryForms/meetinfo.htm>
7. Please bring **Pins**.
9. A school **must** enter and run their **best seven** runners in the varsity race before they can run a JV athlete.
10. **Directions** to Veteran's Field in Ridgewood: Get on Route 17 North in Bergen County and go to the Linwood Avenue - Ridgewood Exit. After exiting route 17 on the Linwood Avenue exit, go west for 1.3 miles. Turn right on Northern Parkway and take a quick left into the parking lot. (Northern Parkway is the 3rd right after the 3rd traffic light from Route 17)
11. The Ridgewood Invitational will be sanctioned for New Jersey, New York, and Pennsylvania.

ENTRY TO RIDGEWOOD CC INVITE 10/16/10

We desire to enter the following events in the Ridgewood CC Invitational at Veterans Field:

<u>Event</u>	<u># of teams</u>	<u>individuals</u>
Boys Varsity Race	_____	_____
Boys Junior Varsity Race	_____	_____
Boys Frosh Race	_____	_____
Girls Varsity Race	_____	_____
Girls Junior Varsity Race	_____	_____
Girls Frosh Race	_____	_____

ENTRIES CLOSE 10/11/10

Entries Payable to: "Abbingon Track Club, Inc"

Entry Fee: **\$35 per team, \$7 per individual.** Total entry fees enclosed: _____

School _____ Student Enrollment 10,11&12. _____
(in case we divide races)

Address _____

Coach _____

Phone (home) _____ (school) _____

e-mail _____ (print clearly!)

Mail Entries to:

Jacob Brown
Ridgewood High School
627 East Ridgewood Avenue
Ridgewood, NJ 07451

Faxes accepted if entry
fee or voucher brought
to meet.
fax# = 201-493-7561

RIDGEWOOD INVITATIONAL

10/16/10