

16th Annual
SDA Cross Country Invitational

Saturday, September 11, 2010 - 9 a.m.

It is a pleasure to take this opportunity to invite you to an exciting 16th year meet that is being sponsored by the Athletic Department of *Saint Dominic Academy*. The meet will be held rain or shine, in beautiful *Lincoln Park*, conveniently located in the heart of Jersey City near a variety of Turnpike exits. Lincoln Park has ample van and bus parking as well as a rest room, just steps from the lightning-fast blue track. Refreshments will also be available for sale at the meet. Numerous outstanding teams and individual athletes have begun championship seasons at our ever-growing meet.

We hope you will join us for a great morning of running for all members of your team as we get the season underway. We are offering Freshman, JV, and Varsity races at the reasonable entry cost of \$45 per team, per race. This fee allows for unlimited competition in all of the underclass races. We will again award our attractive custom medals in each race, with the number being determined by the size of the entry. If the entry warrants we will again have our popular S.D.A. champion T-shirts for the team and individual winners of all races. Please feel free to pass this entry along to other schools. We ask you to please return your entry form by *Tuesday, September 7th* and a Hy-Tek roster file must be emailed to *wgard@optonline.net*. The meet is in the first week of school so we will understand if you are having difficulty obtaining a check before the deadline. If this is the case, simply send your entry form by the due date as a commitment of attendance, and remit payment promptly thereafter. Refunds will not be possible and all entries must be paid regardless of the participation of your team on the day of the meet. Roster corrections or additions may be made by phone or by e-mail, as needed. Best wishes for success throughout the year and thank you for your support.

9:00 - Freshman Boys
9:25 - Freshman Girls
9:50 - JV Boys

10:25 - JV Girls
11:00 - Varsity Boys
11:25 - Varsity Girls

Freshman Boys and Girls will run a 2-lap race (2 1/4 miles.) All others will run a 5,000 m, 3-lap race.

Please make checks payable to: *Saint Dominic Academy*
Mail your entries to: John E. Nagel, Meet Director, at 10 Cherry Street, Jersey City, NJ 07305, (201) 434-3500
Fees: \$45 per team, per race. Individuals are \$8 each. Maximum fee: Full Boys & Girls Teams - \$250
All entries MUST be received no later than September 7, 2010.

Our school plans to attend the 16th Annual SDA X-C Invitational. We understand that the meet will be held rain or shine, therefore, no refunds are possible. This entry must be signed by the Coach and Athletic Director. Be advised this is an entry fee NOT a participation fee. (Check each division your team will enter.)

___ Varsity Boys	___ JV Boys	___ Freshman Boys
___ Varsity Girls	___ JV Girls	___ Freshman Girls

Name and address of school: _____

Phone: _____ AD Signature _____

Coach's Signature: _____ Home Phone: _____

Please detach and mail. Remember that a Hy-Tek file must be e-mailed to wgard@optonline.net