

MORRIS COUNTY TRACK COACHES ASSOCIATION

ESTABLISHED 1954

Internet Address: <http://www.mctrack.org>

e-mail Address: mctca@gti.net

Cross Country 2010

Freshman-JV Boys & Girls Invitational

1. **DATE:** Saturday, October 30, 2010

2. **PLACE:** Central Park @ Greystone

3. **TIME:** 10:00 am - Freshman BOYS & JV GIRLS
10:20 am - JV BOYS & JV GIRLS

4. **FEE:** Unlimited entries **NO** entry fees for 2010

5. **ENTRIES DUE:** Friday, October 22, 2010

6. **SEND TO:** Len Pietrewicz
1011 Sussex Turnpike
Randolph, N.J. 07869
HOME PHONE: 973-895-6005
CELL PHONE: 201-841-0566

7. **ROSTERS:** Rosters are due with the entry, **EMAIL ONLY** mctca@gti.net

8. **FAX TO:** 973-895-2287

RULES:

1. The best **FIVE (5)** runners on each team must compete in the Championship Race
No school may enter the JV Race without entering and competing in the Championship Race.

2. The JV Boys Race will be run over the championship 5000m course.
The Freshman Boys Race will be run over a 2500m course.
The JV/Freshmen Girls Race may run in either the Boys JV Race 5000m course or the Freshmen Boys 2500m course.

3. Athletes may compete in only one race on the day of the county championships

4. Competitors must pin the Barcoded numbers on the front of their jerseys.

5. **Awards:**
 - FRESHMAN BOYS:**
 - Medals to the top three (3) teams
 - Medals to the top twenty (20) individuals
 - JV BOYS:**
 - Medals to the top three (3) teams
 - Medals to the top twenty (20) individuals
 - JV GIRLS FR:**
 - Medals to the top three (3) teams
 - Medals to the top twenty (20) individuals
 - JV GIRLS JV:**
 - Medals to the top three (3) teams
 - Medals to the top twenty (20) individuals

6. **JV/Frosh Entry should include:**
 - a. entry form

7. **Varsity Entry should include:**
 - a. entry form
 - b. check for varsity competition
 - c. certificate of insurance
 - d. Endorsement Form from school insurance company (Example attached)
 - e. Hold Harmless Form

BOYS ENTRY FORM

SCHOOL _____

COACH _____

HOME PHONE _____

CELL PHONE _____

SCHOOL PHONE _____

ENTRY FEE \$0.00/athlete

Frosh BOYS

JV BOYS

PLEASE SUBMIT YOUR COMPLETE TEAM ROSTER WITH YOUR VARSITY ENTRY

TOTAL NUMBER OF ATHLETES _____ x \$0.00

TOTAL FEE ENCLOSED

SEND TO: Len Pietrewicz
1011 Sussex Turnpike
Randolph, NJ 07869-4815

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GIRLS ENTRY FORM

SCHOOL _____

COACH _____

HOME PHONE _____

CELL PHONE _____

SCHOOL PHONE _____

ENTRY FEE \$0.00/athlete

JV GIRLS

PLEASE SUBMIT YOUR COMPLETE TEAM ROSTER WITH YOUR VARSITY ENTRY

TOTAL NUMBER OF ATHLETES _____ x \$0.00

TOTAL FEE ENCLOSED

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