

RIDGEWOOD CROSS COUNTRY INVITATIONAL
38th ANNUAL
VETERANS' FIELD **SATURDAY OCTOBER 15, 2011**

Dear Coach,

Your cross country team (boys and girls) is invited to Ridgewood's 2011 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. The race will be scored with Hy-Tek.

This meet benefits The Abbington 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 15th.

SCHEDULE OF EVENTS

USATF Open Race	1:00pm
USATF Youth Race	1:30pm
Boys Frosh	2:00pm
Girls Frosh	2:15pm
Boys J.V.	2:30pm
Girls J.V.	2:50pm
Boys Varsity	3:10pm
Girls Varsity	3:30pm

Race Lineups will be posted on the web Wednesday evening October 12th.

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

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1. **Awards:** 30 medals in every race. Team championship trophy in each race..
2. **Entry Fees:** \$35 per team (7 runners). \$7 per individual.
Fees payable to: "Abbington Track Club, Inc."
3. **Entries Close:** Tuesday October 11, 2011.
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. You must submit your team roster to Lou Fraulo by Monday October 10, 2011. 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.
12. There is a separate entry blank posted for the youth and open USATF race. Share the date with your running friends.

ENTRY TO RIDGEWOOD CC INVITE 10/15/11

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 10/10/11

Entries Payable to: "Abbingdon 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

10/15/11