

**OFFICIAL ENTRY FORM**  
**THE 45<sup>th</sup> ANNUAL PASSAIC COUNTY COACHES INC.**  
**CROSS COUNTRY INVITATIONAL**

SEPTEMBER 24, 2011  
 GARRET MOUNTAIN  
 WOODLAND PARK (FORMALLY WEST PATERSON) NJ

PLEASE PRINT ALL INFORMATION

SCHOOL \_\_\_\_\_  
 Coach's NAME \_\_\_\_\_ HOME PHONE \_\_\_\_\_  
 SCHOOL FAX \_\_\_\_\_ HOME FAX \_\_\_\_\_  
 SCHOOL ADDRESS \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP \_\_\_\_\_ STREET \_\_\_\_\_ CITY \_\_\_\_\_  
 SCHOOL PHONE \_\_\_\_\_  
 E-mail address (COACH) \_\_\_\_\_

NJ STATE GROUP (I,II,III,IV)\* \_\_\_\_\_  
 YOU MUST MAKE AN ENTRY HERE

Non-Public Schools, please list (total enrollment 10-12). We will place you in the appropriate grouping. Schools participating will posted on our web site by the Wednesday before the meet. Go to: [www.Lfracing.com](http://www.Lfracing.com)

**BELOW-PLEASE RECORD THE NUMBER OF TEAMS AND/OR INDIVIDUALS ENTERED.**

VARSITY BOY- 7 RUNNERS MAX	TEAM	OR #	INDIVIDUALS
NOVICE BOY	TEAM(S)	AND/ OR #	INDIVIDUALS
FRESHMAN BOY	TEAM(S)	AND/OR #	INDIVIDUALS
VARSITY GIRL- 7 RUNNERS MAX	TEAM	OR #	INDIVIDUALS
NOVICE GIRL	TEAM(S)	AND/OR #	INDIVIDUALS
FRESHMAN GIRL	TEAM(S)	AND/ OR #	INDIVIDUALS

REMEMBER A TEAM CONSISTS OF A MINIMUM OF (5) FIVE RUNNERS. ANYTHING LESS IS CONSIDERED TO BE INDIVIDUALS. NOVICE AND FRESHMAN RACES MAY HAVE A & B... TEAMS PLUS INDIVIDUALS. YOU DO NOT NEED TO ENTER A VARSITY TEAM TO RUN IN THE, NOVICE RACE.

Mail this entry along with payment to: Mr. Louis Fraulo, 58 Broadale Rd., Clifton, N.J. 07013, *Faxes will not be accepted.* Questions – call 201-805-2078

E-Mail your roster, created by using HY-TEK Team manager to: [fraulotiming@optonline.net](mailto:fraulotiming@optonline.net). You may also email this entry form to the same email address.

ENTRY DEADLINE: WEDNESDAY SEPTEMBER 21, 2011.

ENTRY FEE: \$35 PER TEAM/PER RACE AND OR \$7 PER INDIVIDUAL-MAKE CHECKS PAYABLE TO: PCCA (PASSAIC COUNTY COACHES ASSN).

TOTAL AMOUNT DUE PCCA \$ \_\_\_\_\_

\_\_\_\_\_  
 SIGNATURE OF PRINCIPAL

\_\_\_\_\_  
 SIGNATURE OF ATHLETIC DIRECTOR

Entry form and check or PO, must be received by September 21st. **YOUR ROSTER SENT VIA E-MAIL TO: [fraulotiming@optonline.net](mailto:fraulotiming@optonline.net), must also be received by September 21st.**

# OFFICIAL ENTRY FORM

## THE 45th. ANNUAL PASSAIC COUNTY COACHES INC. CROSS COUNTRY INVITATIONAL

DATE: SATURDAY - SEPT. 24, 2011

PLACE: GARRETT MT. COUNTY PARK, WOODLAND PARK  
(FORMALLY WEST PATERSON), NJ.

STARTING TIME: FIRST RACE AT 9:00 AM.

AWARDS: 1. PLAQUES TO THE TOP THREE TEAMS IN ALL RACES.

2. INDIVIDUAL MEDALS TO TOP 35 IN EACH RACE.

SCHEDULE OF RACES:	SCHEDULE OF RACES:
9:00 FRESHMAN BOYS GROUP 4	12:05 FRESHMAN BOYS 1&2
9:15 FRESHMAN BOYS GROUP 3	12:15 FRESHMAN GIRLS 1&2
9:30 FSHMAN GIRLS 3&4	12:30 NOVICE BOYS 1&2
9:45 NOVICE BOYS GROUP 4	12:40 NOVICE GIRLS 1&2
10:05 NOVICE BOYS GROUP 3	1:00 VARSITY BOYS GROUP 2
10:15 NOVICE GIRLS GROUP 4	1:20 VARSITY BOYS GROUP 1
10:35 NOVICE GIRLS GROUP 3	1:30 VARSITY GIRLS GROUP 2
10:55 VARSITY BOYS GROUP 4	1:55 VARSITY GIRLS GROUP 1
11:15 VARSITY BOYS GROUP 3	Races will be added if warranted. ***
11:25 VARSITY GIRLS GROUP 4	
11:45 VARSITY GIRLS GROUP 3	

\*\*\*You do NOT have to enter a varsity team to enter the novice races .

Non-Public schools will run in the appropriate public school division based on enrollment and or strength of team. Please list total enrollment in grades 10-12 on the entry form.

ENTRY DEADLINE: WEDNESDY SEPEMBER 21st, 2011.

Scoring will be computerized using HY-TEK. Results will be posted on the web that day.

ALL TEAM ROSTERS MUST be submitted using the State Approved HY-TEK Team Manager Program. Please enter every member of your team, both boys and girls in one file if possible! Only HY-TEK created roaster files will be accepted. NO EXCEPTIONS!

All Rosters must be E-mailed to me at ( [fraulotiming@optonline.net](mailto:fraulotiming@optonline.net) ).In the subject line please state "for PCCA Invitational"

Faxed entry forms will no longer be accepted. Please send all entry forms using email or US postal service. Please send far enough in advance to meet the deadline. Also, an addressed return envelope must accompany all PO's.

Note to schools in Bergen and Passaic County. I will be scoring a number of invitational meets in both your counties as well as various leagues, including the Big North. The roster you submit for this meet can be used for those meets as well. Just up-date as needed. *State entries require a new roster containing 12 names or less per gender per school. (State rule)*

Course maps and directions are available on our web site: [www.Lfracing.com](http://www.Lfracing.com)