

October 1st, 2011
Shore Coaches Invitational
Sponsored by Puma
37th Annual

Site of the NJSIAA State Group and State Meet of Champions*

* Meet will be sanctioned for Pennsylvania, New York and Delaware.

**Sanctions for other states are available upon request.

****Non-New Jersey teams should let us know intent on coming ASAP.****

Location

Holmdel Park is located minutes off of the Garden State Park in Holmdel, NJ. The Monmouth County Park System maintains the 500 acre park and the 5000 meter and 2 mile cross country courses. Both courses cover challenging hills and well maintained trails. The 5000 meter course features the infamous 'Bowl'.

Races

Varsity There will be 6 varsity races for each gender based on enrollment as well as a championship race for each gender. Teams wishing to enter the Championship races should call Brian Decker or Stephen Theobald. Selection will be based on current rankings and past performance.

Junior Varsity There will be 4 boys and 3 girls races based on enrollment.

Freshmen there will be 3 boys races and 2 girls races based on enrollment

Awards

- Team trophy for first place in each race
- Medals to top 35 in all varsity races
- Medals to the top 30 in all other races
- Medals to the top 3 teams in each race
- The winners of the championship race

Entries

All Entries are due Monday, September 19th. Please let us know your intent to come. Do not wait to on checks. Send rosters to fraulotiming@optonline.net with 'Shore Coaches Invite' in heading.

Entry Fees

- \$45.00 per team of 7 for all levels
- \$10.00 per individual for all levels
- \$200.00 per gender TOTAL (\$400.00 for boys and girls teams)

Meet Schedule (subject to change depending on entry)

Time	Race
9:00 AM	Boys Frosh C
9:15 AM	Girls Frosh B
9:30 AM	Boys Junior Varsity D
9:50 AM	Girls Junior Varsity C
10:10 AM	Boys Varsity F
10:30 AM	Boys Varsity E
10:50 AM	Boys Varsity D
11:10 AM	Girls Varsity F
11:30 AM	Girls Varsity E
11:50 AM	Girls Varsity D
12:10 PM	Boys Junior Varsity C
12:30 PM	Girls Junior Varsity B
12:50 PM	Girls Junior Varsity A
1:10 PM	Boys Frosh B
1:25 PM	Girls Frosh A
1:40 PM	Boys Frosh A
1:55 PM	Boys Varsity C
2:15 PM	Boys Varsity B
2:35 PM	Boys Varsity A
2:55 PM	Girls Championships
3:15 PM	Boys Championships
3:35 PM	Girls Varsity C
3:55 PM	Girls Varsity B
4:15 PM	Girls Varsity A
4:35 PM	Boys Junior Varsity B
4:55 PM	Boys Junior Varsity A
5:15 PM	Open High School 5k Race for those taking SAT's

* if interested in Champs races, email meet director ASAP.

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Entries DUE SEPTEMBER 19th

Girls

	# Teams	Individuals
Freshmen		
Junior Varsity		
Varsity		

Boys

	# Teams	Individuals
Freshmen		
Junior Varsity		
Varsity		

Fees Checks payable to: The Shore Track Coaches Association

of teams _____ x \$45.00 = _____
 # of Individ _____ x \$10.00 = _____
 Total Team Entry Boys _____ \$200.00 Girls _____ \$200.00

Total = _____

School : _____ Coach: _____ Coach's Phone #: _____

School Phone: _____ Coach's email: _____

Current school enrollment _____ School NJSIAA Group: _____

Mail paper entry and checks to:
 Brian Decker
 320 Maryland Ave.
 Apt. 9A
 Pt. Pleasant Beach, NJ 08742
 (732)986-4408
 Fax: (732)837-3054

Additional questions call Stephen Theobald @ (908)433-3570

* All teams must send Hy-Tek Rosters to fraulotiming@optonline.net *

* Out of State Teams Please Let us know ASAP if you are thinking of attending!