

**MONMOUTH COUNTY CROSS COUNTRY
CHAMPIONSHIPS**

Tuesday, October 16, 2007

(Shore Conference Qualifier)

Dear Coach,

On Tuesday, October 16, 2007 the Monmouth County Cross Country Championships for girls and boys will be held at Holmdel Park.

There will be freshman, JV, and Varsity events for both girls and boys. A school may not enter a J.V. team without entering a Varsity team. The school must run its best seven (7) runners in the Varsity race.

The first high school race will start at 3:30 p.m. Race order and distances are as follows. Times are approximate.

3:30	Girls Frosh	2 miles
3:45	Boys Frosh	2 miles
4:00	Girls Varsity	5000 meters
4:20	Boys Varsity	5000 meters
4:45	Girls J.V.	5000 meters
5:05	Boys J.V.	5000 meters

A race may be finishing as another starts

Entry fee is **\$35.00** per team or **\$8.00** per individual. A school may enter individuals if a full team is not entering.

Team plaques will be awarded to the 1st place team in each race. Team medals will be given to the members of the first three teams in each race.

Individual medals will be given to the top ten (10) finishers in the Freshman and J.V. races and the top thirty-five (35) in the Varsity races. In addition, the first-place finisher in the Varsity Girls and Boys races will receive a plaque. The Dynamic Scoring System will be used in the J.V. and Freshman races.

Entries are due Friday, October 5, 2007.

**The top fifteen (15) teams and the top 25 finishers will qualify for the Shore Conference Championships at Holmdel Park on October 27, 2007.

A runner who competes in the Varsity race on the day of the County Meet and whose school does not qualify for the Shore Conference Championships **may NOT run in the Shore-Area J.V. Championship race sponsored by the Shore Track Coaches Association.

**The schools that qualify for the Shore Conference Championships may use a runner who runs in the Varsity race the day of the County Meet in the Shore-Area J.V. Championship race sponsored by the Shore Track Coaches Association only if that school uses its best seven runners the day of the Shore Conference. She/he must not be one of the best seven runners.

**A freshman who competes in the Varsity race the day of the County Meet may compete in the Shore-Area Freshman Championship race sponsored by the Shore Track Coaches Association.

****Any team wishing to practice at Holmdel Park must contact the park and bring a certificate of your school's insurance.**

Please bring your own pins.

Please call me if you have any questions. Good luck and see you on Oct. 16th.

Sincerely,

Hank Nonnenberg Jr
Meet Director
732-539-7858

**MONMOUTH COUNTY CROSS COUNTRY
CHAMPIONSHIPS ENTRY FORM**

October 16, 2007

ENTRIES ARE DUE BY OCT 5th.

	<u>Girls</u>		<u>Boys</u>	
	# teams	Individual	# teams	Individual
Freshman	_____	_____	_____	_____
J.V.	_____	_____	_____	_____
Varsity (only 1)	_____	_____	_____	_____
Fee	# of teams	_____	x \$35 =	_____
	# of Individuals	_____	x \$8 =	_____

Total = _____

School: _____	Coach: _____
School Phone: _____	Coach's Phone: _____
School Fax: _____	Coach's Email: _____
AD's email _____	

Each team must submit a Hy-Tek formatted roster via e-mailed to:
rosters@shoretrackcoaches.com no later than October 9th.

Make checks payable to: **SHORE TRACK COACHES ASSOCIATION**

Mail entry form and checks to: **Hank Nonnenberg JR. (Meet Director)**
1101 Monmouth Blvd
Wall, NJ 07719

Email Hy-Tek rosters to: rosters@shoretrackcoaches.com

Do not send certified mail

Please send all faxes to: Fax – 732-280-6372- **NO COVER PLEASE**