

**OCEAN COUNTY CROSS COUNTRY  
CHAMPIONSHIPS**

**Saturday, October 20, 2007**

(Shore Conference Qualifier)

Dear Coach,

On Saturday, October 20, 2007 the Ocean County Cross Country Championships for girls and boys will be held at Ocean County 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 race will start at 2:15pm due to the psat's. Race order and distances are as follows.

2:15	Girls Frosh	2 miles
2:35	Boys Frosh	2 miles
2:55	Girls Varsity	5000 meters
3:20	Boys Varsity	5000 meters
3:45	Girls J.V.	5000 meters
4:10	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 1<sup>st</sup>-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 October 8th, 2007.** Each team **must** submit a Hy-Tek formatted roster e-mailed to [rosters@shoretrackcoaches.com](mailto:rosters@shoretrackcoaches.com) no later than October 10th.

\*\*The top eight (8) 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.

Please bring your own pins. Please call me if you have any questions. Good luck and see you on Oct. 20st.

Sincerely,

Hank Nonnenberg JR.  
Meet Director  
732-539-7858

**OCEAN COUNTY CROSS COUNTRY  
CHAMPIONSHIPS ENTRY FORM**

**October 20, 2007**

ENTRIES ARE DUE BY OCT 8<sup>TH</sup>.

	<u>Girls</u>		<u>Boys</u>	
	# teams	Individual	# teams	Individual

<b>Freshman</b>	_____	_____	_____	_____
-----------------	-------	-------	-------	-------

<b>J.V.</b>	_____	_____	_____	_____
-------------	-------	-------	-------	-------

<b>Varsity</b> (only 1)	_____	_____	_____	_____
----------------------------	-------	-------	-------	-------

<b>Fee</b>	# of teams	_____	x \$35 =	_____
	# of Individuals	_____	x \$8 =	_____
			Total =	_____

<b>School:</b> _____	<b>Coach:</b> _____
<b>School Phone:</b> _____	<b>Coach's Phone:</b> _____
<b>School Fax:</b> _____	<b>Coach's Email:</b> _____
<b>AD's Email:</b> _____	

Each team must submit a Hy-Tek formatted roster e-mailed to [rosters@shoretrackcoaches.com](mailto:rosters@shoretrackcoaches.com) no later than October 10th.

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**

\*Do not send certified mail\*