

TWENTY FIRST ANNUAL JIM SMITH MEMORIAL
INTERSCHOLASTIC CROSS-COUNTRY RUN

2008 site of the NYSPHSAA Cross Country Championships

On Saturday, **September 13**, 2008 Port Jefferson High School will conduct the Twenty First Annual "Jim Smith Memorial Cross-Country Run." The meet will be held at the Sunken Meadow State Park, located at Kings Park, New York. The first event will start at 9:30AM, with the Girls Freshman Race.

Many teams do not have five runners at each grade level; therefore, we will count only the score of the first three (3) runners toward the team trophies. A team may consist of 3 to 5 runners. The 4th runner will count in the case of a tie.

The races are as follows:

Freshman Girls	9:30	1.5 miles
Freshman Boys	9:45	1.5 miles
Sophomore Girls	10:00	5000m
Sophomore Boys	10:30	5000m
Junior Girls	10:55	5000m
Junior Boys	11:25	5000m
Senior Girls	11:55	5000m
Senior Boys	12:20	5000m

Awards are as follows:

Individuals: **T-shirts to top 25 finishers in all races. Trophy** for fastest time of the day in 5000 meter races for both a boy and a girl. **Medals** will be awarded to the first three finishers in all races.

Teams: **Trophies** for first 3 places in all races. **Medals for 1st, 2nd, and 3rd place teams in all races.**

Coaches: **Jackets** for winning coaches in all races.

If you would like to join us on Saturday, September 13, 2008 just fill out the enclosed entry form and mail it along with your check or invoice to:

Rod Cawley Meet Director
Port Jefferson High School
Old Post Road
Port Jefferson, New York 11777

(Checks should be made out to **PORT JEFFERSON HIGH SCHOOL**).

You may also email your entry to rcawl@aol.com

This year we will be using www.just-in-time-racing.com for the meet scoring. Entry info is listed below. You will need to enter your roster at www.just-in-time-racing.com by Sept. 10, 2008.

If you do not have a password please email Tony Toro from the just-in-time website. He will assign you a password.

Rules: This meet has been sanctioned by the Section XI Athletic Council.

Rod Cawley/Don Slingerland
Meet Directors
(631) 924-9219/331-9512

ENTRY FORM

FOR: JIM SMITH MEMORIAL INTERSCHOLASTIC CROSS-COUNTRY RACE

PLACE: SUNKEN MEADOW STATE PARK, KINGS PARK, NY

2008 site of the NYSPHSAA Cross Country Championships

DATE: SEPTEMBER 13, 2008

SCHOOL _____ PHONE _____

COACH _____ PHONE _____

PLEASE ENTER THE FOLLOWING TEAMS OR INDIVIDUALS IN THE RACES INDICATED

	#TEAMS	#IND.	AMOUNT
FRESHMAN GIRLS	_____	_____	_____
FRESHMAN BOYS	_____	_____	_____
SOPHOMORE GIRLS	_____	_____	_____
SOPHOMORE BOYS	_____	_____	_____
JUNIOR GIRLS	_____	_____	_____

JUNIOR BOYS	_____	_____	_____
SENIOR GIRLS	_____	_____	_____
SENIOR BOYS	_____	_____	_____
			TOTAL_____

COST IS \$25.00 PER TEAM OR \$6.00 PER INDIVIDUAL. A TEAM MAY CONSIST OF 3 TO 5 INDIVIDUALS.

Maximum entry \$250.00 NO MEET DAY ENTRIES WILL BE ALLOWED

MAKE CHECKS PAYABLE TO “**PORT JEFFERSON HIGH SCHOOL**”

MAIL TO:

**ROD CAWLEY
PORT JEFFERSON HIGH SCHOOL
OLD POST RD.
PORT JEFFERSON, NY 11777**

COACHES IF YOU ARE USING AN INVOICE AND SENDING IT THROUGH CHANNELS MAKE SURE YOU SEND A COPY OF YOUR ENTRY FORM AHEAD. QUESTIONS CALL(**631**) **924-9219** Rod Cawley rcawl@aol.com or **331-9512** Don Slingerland coachsling@optonline.net

REMEMBER TO ENTER YOUR ROSTER BY 9/10/08 AT: www.just-in-time-racing.com