

Suffolk County PAL Invitational

Site: Sachem East HS, 177 Granny Rd, Farmingville, NY

Date: Saturday, October 4, 2008

Time: Girls Freshmen 3:30

Boys Freshmen 3:50

Girls Varsity A, AA 4:10

Girls Varsity BCD 4:45

Boys Varsity A, AA 5:20

Boys Varsity BCD 5:50

Cost: Girls Teams \$75

Boys Team \$75

Note: A team is defined as your entire program (Freshmen and Varsity are one team).

Course: 3.1 Miles. Fast. 50% grass, 50% dirt paths

Freshmen One mile

Awards: **Tee Shirts to all finishers (Varsity and Freshmen)**

Medals to first 25 in Varsity Races

Medals to the first 15 in the Freshmen Races

Large (Class AA, A) and Small (Class B&C).

Top six teams in each group will be awarded Plaques

There are no team awards in the freshmen races

For information contact Paul Koretzki at pkoretzki@ aol.com

Suffolk County PAL Cross Country Races

School _____

Boys team \$75 _____

Girls team \$75 _____

Total or both teams \$140 _____

Checks payable to "Suffolk County PAL"

Mail to Suffolk County PAL

Cross Country Race

PO Box 26

Yaphank, NY 11980-0026

Entry Deadline Postmarked Oct 1, 2008

After that date email pkoretzki@ aol.com

Coaches phone number H _____ W _____

App # of Athletes _____