

# THE INAUGURAL BOWDOIN PARK CROSS COUNTRY CLASSIC

Saturday, September 22, 2007 first race 11:00 am

Site of the NYS Federation Championship Meet &  
NIKE Team Championship Regional qualifier

This will be a NTN Pre-Regional qualifier meet.

## **FACILITY**

Bowdoin Park is a Dutchess County Park located on the banks of the beautiful Hudson River. This meet is being held on one of the premier cross country courses in NY. This 5-K course features a 600 meter starting area, wide trails, challenging hills and great viewing. The starting line can accommodate 300+ runners. The runners can be seen for a majority of their race. The race is run entirely on grass or trails. Spectators will not be allowed on the course. The park does not open until 9:00 am. Please do not arrive earlier than 9:00 am

## **LOCATION**

Bowdoin Park is located 10 miles south of Poughkeepsie, NY. It is 10 miles north of I-84, approximately 75 minutes from Scranton PA, 90 minutes from Albany NY, 45 minutes from Danbury CT and 90 minutes from NYC.

## **TEAM RACES**

As this is the Inaugural Bowdoin Park Cross Country Classic we cannot predict the number of entries or races. We hope to have no more than 20 teams in each Varsity race.

We will have several varsity boys and girls races as well as one or two JV boys & one or two JV girl's races. In order to enter the JV race you must enter a Varsity team. Races will begin at 11:00 am and go off every 30 minutes. Varsity races will be followed by JV races.

## **RULES**

National Federation of State High Schools Association (NFHS) rules apply. NY State jewelry rule applies. Absolutely No Watches are permitted to be worn. Simply, if the athlete was not born with it, it is an adornment, it is jewelry; therefore it may not be worn.

## **ENTRY**

The Inaugural Bowdoin Park Cross Country Classic will be using electronic entries. We will not accept any hard copy or paper entries. All entries must be made using [www.onlineentries.com](http://www.onlineentries.com). Coaches are responsible for entering all runners who will be participating in the meet. If you have questions about the online entries you can email your questions to Pat Leone at [pat@leonetiming.com](mailto:pat@leonetiming.com)

Team entries will be posted at [www.finishright.com](http://www.finishright.com). You can check there to make sure we have your entry. Race assignments will also be posted at [www.finishright.com](http://www.finishright.com) on Thursday Sept 20.

**OUT-OF-STATE Schools MUST have their online entry in no later than 3:00 pm EDT August 31, 2007.** In order for this meet to be properly sanctioned the out-of-state team names must be submitted to NFHS 20 days prior to the meet.

No out-of-state entry will be accepted after 3:00 pm EDT August 31.

If any out-of-state school insists on being entered in the meet after the August 31 deadline they will be subject to an additional \$50 late fee.

**NY STATE Schools your online entry deadline is 11:59 pm Monday, September 17, 2007.**

No NY State entry will be accepted after 11:59 pm Monday, September 17, 2007.

After you have entered your athletes with [www.onlineentries.com](http://www.onlineentries.com) print and complete the official payment form, enclose it with your payment or voucher payable to **DCTOCA**

Send the completed payment form and payment to:

Bob Homko  
20 Potters Bend  
Poughkeepsie, NY 12601

## **SEEDED RACE/ NTN PRE-QUALIFIER**

At the request of the Nike Team Nationals there will be a seeded boy's varsity and a seeded girl's varsity race. The top five teams in each seeded race will be gain automatic entry in the Regional championship race on November 24. In order for a team to be considered for entry in the seeded race/NTN pre-regional qualifier they must request entry into the race. Send a team resume with as much information as possible so the Games Committee can make the best decision.

Send your seeded race request and resume to the meet director, Ken Kraft at [nytrackofficial@earthlink.net](mailto:nytrackofficial@earthlink.net) or snail mail it to Ken Kraft, 15 Rosalind Road, Poughkeepsie, NY 12601

## **AWARDS**

Individual awards will be given to the first 25 runners in each race.

For the Seeded races/NTN Pre-Qualifier team awards will be presented to the top five teams.

For all other races team awards will be presented to the top three teams in each Varsity and JV race.

Tee shirts will be awarded to the 7 members of the winning team in each Varsity race.

## **PARKING**

Spectator parking will be restricted to the area on the top of the hill near the park entrance. Only team busses and officials will be allowed to park at the bottom of the hill near the finish area. There will be a handicapped parking area at the bottom of the hill near the finish area.

## **Meet Director**

Ken Kraft    home phone 845-471-9140            cell phone 845-235-6880  
email [nytrackofficial@earthlink.net](mailto:nytrackofficial@earthlink.net)

## **LINKS**

Bowdoin Park

[Public Works - Parks: Bowdoin Park](#)

[Dutchess County Tourism - Heart of the New York Hudson River Valley](#)

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Saturday September 22, 2007

OFFICIAL PAYMENT FORM

ALL ENTRIES ARE TO BE MADE USING [www.onlineentries.com](http://www.onlineentries.com)

This payment form must be received on or before September 17, 2007.

Please enclose payment or school voucher made out to "**DCTOCA**"

Public\_\_\_\_\_ Parochial/Private\_\_\_\_\_ NYS Section \_\_\_\_\_ Class\_\_\_\_\_ Enrollment\_\_\_\_\_

School\_\_\_\_\_

Boys Coach\_\_\_\_\_

Girls Coach\_\_\_\_\_

School Address\_\_\_\_\_

School Phone\_\_\_\_\_

Boys Coaches Phone\_\_\_\_\_

Girls Coaches Phone\_\_\_\_\_

Varsity Boys Team one 7 person team \$40.00 \$\_\_\_\_\_

Varsity Girls Team one 7 person team \$40.00 \$\_\_\_\_\_

JV Boys unlimited \$40.00 \$\_\_\_\_\_

JV Girls unlimited \$40.00 \$\_\_\_\_\_

Maximum entry (teams in all 4 categories) \$140.00 \$\_\_\_\_\_

TOTAL \$\_\_\_\_\_

Checks should be made payable to: **DCTOCA**

Return this form with entry fee or claim form before September 17, 2007 to:

Bob Homko

20 Potters Bend

Poughkeepsie, NY 12601