

Central Jersey XC “Shootout”

Sponsored by:
Metuchen and Old Bridge Track and XC Coaches

The purpose of this meet is to try something different early in the season beyond the usual Class Meet setup. The races should provide great competition for each Varsity level kid and hopefully be a useful tool in team development. Hopefully you can join us at this exciting day of competition.

Date: September 19th, 2009

At: Thompson Park, Jamesburg, NJ

(Site of the Central Jersey State Sectionals)

<u>Time Schedule</u>	Frosh Boys	10:00 am	1.5 miles
	Frosh Girls	10:15 am	1.5 miles
	JV Boys	10:30 am	
	JV Girls	10:50 am	
<u>Shootout Begins</u>	5-6-7 Boys (Key Man Race)	11:10 am	
	5-6-7 Girls (Key Woman Race)	11:30 am	
	3-4 Boys (Pack Race)	11:50 am	
	3-4 Girls (Pack Race)	12:10 am	
	1-2 Boys (Stud Race)	12:30 am	
	1-2 Girls (Stud Race)	12:50 am	

Scoring the Shootout : In the shootout the low score wins. Top 5 runners score. Lowest score over all three races will count, for example: Team A places 3rd and 10th in the Stud Race, 4th and 20th in the Pack Race and 1st in the Key Man Race, their score is $3+10+4+20+1 = 38$ points.

Scoring In the Frosh and JV races will be top 5 in each race, the normal XC scoring process.

All Races are 3.1 miles except for the Frosh races which will be 1.5 miles.

Entries:

Varsity team \$45 per team (7 runners)
JV Race (unlimited entries) \$7 per runner
Frosh Race (unlimited entries) \$7 per runner

Awards:

Varsity Races: Medals Top 25 in each race
JV Races: Medals Top 40
Frosh Race: Medals Top 40

Watches awarded to the Fastest Boy and Girl of the Day

Team Awards:

Varsity Race: Awards to the Top 3 Teams (T-Shirts to the top Varsity Team)
JV Race: Awards to the Top 3 Teams
Frosh Race: Awards to the Top 3 Teams

Deadline:

September 12th , 2009

(all entries must be received by this date, all
Hy-Tek rosters must be in by this date as well.)

All Hy-Tek rosters should be sent to

fraulotiming@optonline.net ,

All paper entries should be sent to Marty Holleran.

Both must be done by the 12th of September.

Mail Entires Forms to: Marty Holleran (Co-Meet Director)
400 Grove Ave
Metuchen NJ 08840

Fax Entries Forms to: 732 – 549-6415

Make Checks Payable to : DREAM IT ATHLETICS

Questions:

Contact Marty Holleran at 732 567-0969 or
e-mail Metuchen2003@yahoo.com

Entry Form (DUE SEPTEMBER 12TH, 2009)

Central Jersey Shootout 2009

School: _____

Coaches: _____

Coaches e-mail _____ (please print clearly)

Coaches phone _____

Varsity Boys Team _____ x \$45 = _____

Varsity Girls Team _____ x \$45 = _____

(if less than a full team)

Varsity Boys Individuals _____ x \$7 = _____

(if less than a full team)

Varsity Girls individuals _____ x \$7 = _____

JV Boys _____ x \$7 = _____

JV Girls _____ x \$7 = _____

Frosh Boys _____ x \$7 = _____

Frosh Girls _____ x \$7 = _____

Total Entry = _____

Make Checks Payable to "DREAM IT ATHLETICS"

REMEMBER TO SEND YOUR HY-TEK ROSTER TO LOU FRAULO BY September 12TH fraulotiming@optonline.net ,