

Freshman / Junior Varsity
NJ State Meet
3rd Annual

Sponsored by Old Bridge XC Coaches

Date: November 4th, 2009

Site: Thompson Park, Jamesburg, NJ
Next to Monroe High School

Entries: all entries are due **Friday October 30th, 2009**
Entry Fee is \$45.00 per team
\$7.00 per Individual

Make Checks Payable to: Dream It Athletics

Mail Entries to: Marty Holleran
400 Grove Ave
Metuchen, NJ 08840

Send Hy-Tek rosters: Fraulotiming@Optonline.net

All rosters must be in by Friday October 30th, 2009

All rosters must be in Hy-Tek file

All emails must have subject line: Freshman / JV NJ State Meet

Attention Coaches

All **JV Runners** at this meet **should not be competing** at the State Sectionals. We are trying to have a meet for non varsity runners at the end of the season. Please adhere to the conditions to have a fair meet for all the competitors.

Any **Freshman** may compete even if they will compete at the sectionals.

Order of Events: (All Races 3.1 miles)

(We will be running the Central Jersey State Sectional Course)

Frosh Girls 2:30

Frosh Boys 2:50

JV Girls 3:10

JV Boys 3:30 (*this race may have two sections depending on entries*)

Awards:

Team T-Shirts to the First Place Team in each race (top 5 score)

Medals to the top 40 in each race

Medals to the top 3 Teams in each race

Watches to the Fastest Freshman (Boy and Girl)

Questions:

Contact: Marty Holleran

Evenings 732 567- 0969

Fax 732 549-6415 or 732 767-9317

Email – metuchen2003@yahoo.com

Entry Form:

Entry Fee: 45.00 per team
7.00 per individual

Checks: Dream It Athletics

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	# of Teams	# of Individuals
Frosh Boys	_____	_____
Frosh Girls	_____	_____
JV Boys	_____	_____
JV Girls	_____	_____
Total Teams	_____ @ 45.00 =	_____
Total Individuals	_____ @ 7.00 =	_____
Total Entry Fee:	_____	
School Name:	_____	School Phone: _____
Coach:	_____	Home Phone: _____
Athletic Director:	_____	
Coach's email:	_____	