

SHORE COACHES CROSS COUNTRY INVITATIONAL

Date: October 4, 2008 **Site:** Holmdel Park

Entries: All entries are due **Friday, September 24th.**

Entry fee is \$40.00 per team or 9.00 per individual.

Make checks payable to: **Shore Track Coaches Association.**

If you miss the entry deadline, call the meet director ASAP!!!!!!

Mail Entries to: Hank Nonnenberg (Meet Director)
3379 Patricia Lane, Wall, NJ 07719

Send Hy-Tek rosters (via e-mail attachment) to: rosters@shoretrackcoaches.com

Groupings: Twelve Varsity races (6 Boys and 6 Girls)

Seven Junior Varsity races (4 boys and 3 girls)

Four Frosh races (3 boys and 1 girls)

Two open races with no team title. These are set up for individuals that cannot run do to SAT's. It is one boys and one girls anyone can run in them as long as they have not run in a prior race and there will be no team title. Any questions please call.

Divisions for all races are based on school enrollment and teams entered in the meet. The number of teams will be divided by the number of races.

Race assignments will be posted on the web by Tuesday, September 31st
(shoretrackcoaches.com)

Awards: Team trophy to first place team in each race

Medals to top 35 in all varsity races

Medals to top 30 in all other races

Medals to top 3 teams in each race

An additional team trophy and watches will be awarded to the varsity teams with the best 5-person team average. We will also award

watches to the male and female with the fastest times in varsity competition.

Bus parking will be the same as last year. Buses will drop off in the park and park at Vonage. Spectator parking will park in the Vonage parking lot on Holmdel road and a shuttle will tranport them to the park. Handicap parking will be in the Holmdel park. Please check the web site for directions, maps, and any changes for parking or race order.

Order of Events

9:00 Boys Frosh C	12:45 Boys JV C	4:40-Girls Open
9:10 Girls JV C	1:10 Boys Frosh A	
9:35 Boys Varsity F	1:20 Girls JV A	
9:55 Boys Varsity E	1:40 Boys JV B	
10:15 Boys Varsity D	2:00 Boys JV A	
10:30 Girls Varsity F	2:20 Girls Varsity C	
10:50 Girls Varsity E	2:40 Girls Varsity B	
11:10 Girls Varsity D	3:00 Girls Varsity A	
11:30 Boys JV D	3:20 Boys Varsity C	
11:50 Girls JV B	3:40 Boys Varsity A	
12:15 Boys Frosh B	4:00 Boys Varsity B	
12:30 Girls FROSH	4:20 Boys Open	

ENTRY FORM

Entry fee is \$40.00 per team per race or \$9.00 per individual.

Make check payable to: **Shore Track Coaches Association**

Mail Entries to: Hank Nonnenberg (Meet Director)
3379 Patricia lane
Wall, N.J. 07719

Send **Hy-Tek** rosters (via e-mail attachment) to: rosters@shoretrackcoaches.com

Entries Due: Friday, September 24th.

(if you have missed the date please call the meet director ASAP)

Please check the races you plan to enter and how many teams in each sub-varsity race.

N.J.S.I.A.A. rules allow only one (1) team entry per Varsity race. Schools must enter and run seven (7) runners in a varsity race before entering a JV race. **ONLY LIST INDIVIDUALS IF THE NUMBER IS FOUR (4) OR LESS.**

	<i># of teams in race</i>	<i># of individuals (if under 5)</i>
Varsity Boys	_____	_____
JV Boys	_____	_____
Frosh Boys	_____	_____
Varsity Girls	_____	_____
JV Girls	_____	_____
Frosh Girls	_____	_____
Boys Open(individual only no teams)		_____
Girls Open(individual only no teams)		_____

Total Teams Entered _____ @ \$40.00 = _____

Total Individuals Entered _____ @ \$9.00 = _____

Total Entry _____ School Name: _____

Athletic Director: _____ Coach: _____

School Phone: _____ Home Phone: _____

Athletic Directors email _____ Coaches email _____

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ENTRY INSTRUCTIONS-----PLEASE READ CAREFULLY

- Because of the large number of entries, we are going to require that coaches submit team rosters created on Hy-Tek's Team Manager. Please be careful. Paper entries should be sent to Barbara McArdle (Meet Director). **Rosters, however, are sent,**
- **via e-mail attachment, rosters@shoretrackcoaches.com** . Also, be sure to indicate the name of the meet you are entering.
- Please include your **NJSIAA school code**
- **To compete, both entries and rosters must be in before the deadline.**
- Rosters will only be accepted in the **Hy-Tek Team Manager** format. Any problems, call!
- **NOTE:** Race assignments will be posted on Shore Track Coaches web site. The final assignments will be posted by Tuesday, September 31st. (shoretrackcoaches.com)
- **NO REGISTERED MAIL (nothing that requires a signature)**

HY-TEK TEAM MANAGER INSTRUCTIONS FOR CREATING TEAM ROSTER

Following are instructions on how to use the Team Manager for Windows to create a roster and export it. Please follow these instructions carefully. (Thanks to MCTCA!)

I. To install the program:

- Double-click the TF_Team_Manager icon
- The set-up program will lead you through the steps
- When finished, the TM icon should appear on your screen, and you can start the program.

II. Running the program for the first time:

- Click on "File"
- Click on "New"
- Name the new folder "My Team" or whatever name you feel is appropriate

III. Creating your team

- From Main Menu, select "Teams"
- From following menu, select "Add"
- Complete the following items
 - Team Code: Use your NJSIAA Abbreviation
 - Team Name: your school
 - "Short Name": your school (do NOT use nicknames like Rams or Lions, etc.)
- Click on OK, then click on "Cancel"
- Click on yellow folder icon to return to home screen

IV. Adding your athletes

- From Main Menu, select "Athletes"
- From following menu, select "Add"
- Complete the following items:
 - Last Name, First Name

- Male or female
- Team, School year
- Click on OK -- When done, click on "Cancel"
- Click on yellow folder icon to return to home screen

V. To Export Athletes

- From Main Menu, click on "File", then "Export", then "Athletes/Teams"
- From Export Menu, select "Team", gender of athlete or both
- Export to Drive A: and save on a diskette, which can be mailed
- The file, which will be named "school abbreviation-entries001.zip", can be e-mailed as an attachment