

# *Back to the Mountain Invitational Cross-Country Meet*

Dear Coach,

The Bergen Track & Field LLC is happy to provide an Invitational Cross-Country Meet in North Jersey at Garret Mt. in Woodland Park on **September 15, 2018**. There will be races run in the Frosh, Soph., J.-V. and Varsity divisions. You may enter individuals or teams.

See you on the 15<sup>th</sup>,

Meet Director's

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## Meet Information

1. Entry Fee:                    \$60.00 per team            \$10.00 per individual
2. Awards:                      Medals to top three teams in each race  
   Medals to top twenty-five in all races.
3. Schools will be placed into races according to their student enrollment.  
Schools will be divided equally between each of the Varsity races.
4. Order of Events:  
9:00 AM      Frosh Boys  
9:10 AM      Frosh Girls  
9:15 AM      Soph Boys  
9:30 AM      J-V Girls  
9:50 AM      J-V Boys  
10:05 AM     Varsity A Girls  
10:20 AM     Varsity B Girls  
10:40 AM     Varsity A Boys  
10:55 AM     Varsity B Boys
4. If the entries warrant adding of races, the revised schedule will be posted online (bergentrack.com) Thursday, September 13th.
5. We are using **NJ Mile Split** to enter your rosters and declare that you are coming to the meet. All you have to do is enter **your ENTIRE team into the Meet Collection**.
6. Coaches please run your top seven in the Varsity Race before entering the J-V races.

7. Bring **PINS!!!!**
8. Entries are due: **September 1, 2018**
9. Make check payable to: **Bergen Track & Field LLC**
10. Questions call: 973-831-2412 Brian Rodak
11. **The Passaic County Parks Commission has added numerous fees to run a meets at Garret Mt. We are charging each school a fee of \$20 to offset their per school charge.**

**Remember to Enter on Mile Split & send your forms as Usual**

**You MUST send me your school's insurance certificate naming the Passaic County Parks Department as additionally insured and the certificate holder.**

**Passaic County Parks Department 209 Totowa Road Wayne, NJ 07470**

**You could ask for one for the entire season from August 15<sup>th</sup> through November 15<sup>th</sup> and send me a copy. They want me to turn them in for each race at the mountain.**

## *Back to the Mountain Invitational Entry Form*

- Information:
1. Unlimited entries in all divisions
  2. Entry Fee: \$60.00 per team \$10.00 per individual
  3. Checks payable to: **Bergen Track & Field LLC**

School \_\_\_\_\_ Group \_\_\_\_\_

Coach \_\_\_\_\_ Coach's Home Phone \_\_\_\_\_

1. <u>Girls</u>	<u># of teams</u>	<u># of individuals</u>
FROSH	_____	_____
J.V.	_____	_____
VARSITY	_____	_____
2. <u>Boys</u>		
FROSH	_____	_____
SOPH	_____	_____
J.V.	_____	_____
VARSITY	_____	_____

TOTAL # OF TEAMS \_\_\_\_\_ X \$60.00 = \_\_\_\_\_

TOTAL # OF INDIVIDUALS \_\_\_\_\_ X \$10.00 = \_\_\_\_\_

**GARRET MT SURCHARGE** \_\_\_\_\_ **\$20.00**

TOTAL ENTRY = \_\_\_\_\_

Entry must be received by **September 1, 2018**

**Mail Entry to:** Brian Rodak  
1 Adobe Dr  
Wayne, NJ 07470

**Fax #:** 973-907-2642  
(NO COVER SHEETS)