

Garret 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 30, 2017**. There will be races run in the Frosh, Soph.,J.-V. and Varsity divisions. You may enter individuals or teams.

See you on the 30th,

Meet Director's

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 reducing or adding races, we be announced on race day.
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 **1 boy and 1 girls in the 5K** and we will print your entire roster for the meet.
6. Coaches please run your top seven in the Varsity Race before entering the J-V races
7. Bring **PINS!!!!**
8. Entries are due: **Friday, September 22, 2017**

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

Garret 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. Girls # of teams # of individuals

FROSH _____ _____

J.V. _____ _____

VARSDITY _____ _____

2. Boys FROSH _____ _____

SOPH _____ _____

J.V. _____ _____

VARSDITY _____ _____

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 22, 2017**

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

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