

20th Annual St. Joseph's College Cross Country Invitational

Saturday, October 19th, 2019
Sunken Meadow State Park, Kings Park, Long Island, NY

Women: 12:00 noon 5000 meters
Men: 1:00 pm 8000 meters

Top 50 in each race will get an award in the chute plus top 3 individuals get a trophy and places 4 - 20 get a medal at the awards ceremony. Team trophies to the top 3.

Same Non-Traditional Course as last few years! Same start and finish as in the past, but no Cardiac Hill and only the bottom of Snake Hill! The Suffolk high schools have gone to this new loop for their dual meets very successfully.

Course maps are available at the **SJC XC website**.

Awards ceremony will be at 2:10 on the boardwalk overlooking the Sound with full results for all who want paper copies.

Entry fee: \$30 per runner or
Blanket entry of:
\$150 for a women's team
\$150 for a men's team

New this year: SJC will pay your toll charge to get into the park to solve the problem we've had with schools being charged after the meet

Make checks payable to:
St. Joseph's College Cross Country

All entries must be done on Direct Athletics by Oct. 16th

Please send entry and check to:
Jim Crowley, St. Joseph's College Cross Country
155 West Roe Blvd., Patchogue, NY 11772
Email: jcrowley@sjcny.edu / fax: 631-447-3347
Cell: 631-786-1532