**THE 14th ANNUAL BOWDOIN PARK CROSS COUNTRY CLASSIC**

Saturday, September 25, 2021 **first race 10:00 am**

Site of the NYS Federation Championship Meet &

**NIKE** Cross Nationals NY & NE Regional qualifiers

Bowdoin Park is a Dutchess County Park located on the banks of the beautiful Hudson River. This meet is being held on one of the premier cross country courses in NY and the Northeast. The Championship 5K course features a 600 meter starting area, wide trails, challenging hills and great viewing. The starting line can accommodate 300+ runners. The runners can be seen for a majority of their race. The race is run entirely on grass or trails. The freshmen race will be 3K.

Bowdoin Park (85 Sheafe Road, Wappingers Falls, NY) is located 10 miles south of Poughkeepsie, NY. It is 10 miles north of I-84, approximately 105 miles from Scranton PA, 85 miles from Albany NY, 40 miles from Danbury CT and 75 miles from NYC.

**SANCTIONING**

The meet is open to all schools in New York (inc. NYC PSAL & NY CHSAA) Connecticut, Maine, Massachusetts, New Jersey, New Hampshire, Pennsylvania, Rhode Island & Vermont.

All necessary sanctions have been applied for.

**RULES**

National Federation of State High Schools Association (NFHS) rules apply.

**NY State jewelry rule applies. No Jewelry!!!** Only watches are permitted to be worn.

**TEAM RACES**

We will have two varsity boys and two varsity girl’s races as well as two JV boys & one or two JV girl’s races. In order to enter the JV race, you must enter & run a Varsity team. Races will begin at 10:00 am and go off every 30 minutes. Varsity races (5K) will be followed by JV races (5K). The Freshmen races (3K) will follow the JV races.

All races will be equally seeded.

**AWARDS**

Individual awards will be given to the first 25 runners in each race.

(Medals only in the Freshmen races. No team scoring in the Freshmen races.)

Plaques will be awarded to the top 3 teams in each Varsity race

Tee shirts will be awarded to the 7 members & Coach of the winning team in each Varsity race.

Plaques will be awarded to the top 2 teams in each JV races

**RACE SCHEDULE**

10:00 am Varsity Girls I

10:30 am Varsity Boys I

11:00 am Varsity Girls II ***Should******any of******the Varsity II races not be necessary due* *to entries***

11:30 am Varsity Boys II ***the race schedule will be shifted forward***

12:00 pm JV Girls I

12:30 pm JV Boys I

1:00 pm JV Girls II ***Should******any of******the JV II races not be necessary due* *to entries***

1:30 pm JV Boys II ***the race schedule will be shifted forward***

2:00 pm Freshmen Girls

2:30 pm Freshmen Boys

**PARKING**

Spectator parking will be restricted to the area on the top of the hill near the park entrance. Only team busses and officials will be allowed to park at the bottom of the hill near the finish area.

There is a handicapped parking area at the bottom of the hill near the finish area.

**Meet Director**

Ken Kraft home 845-471-9140 cell 845-235-6880 email [craftedkup@verizon.net](craftedkup%40verizon.net)

**Questions**

Michael Latino cell 845-235-6339 email mrl5482@aol.com

**LINKS**

Bowdoin Park

[Public Works - Parks:Bowdoin Park](http://www.co.dutchess.ny.us/CountyGov/Departments/DPW-Parks/PPbowdoin.htm)

Hotels

[Dutchess County Tourism - Heart of the New York Hudson River Valley](http://www.dutchesstourism.com/index.asp)

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**ENTRY**

The 14th Annual Bowdoin Park Cross Country Classic will be using <http://www.milesplit.com> for all entries.

STEP 1. Go to <http://www.milesplit.com> click on Calendar; scroll down to September 25, 2021. Click on online entry under Bowdoin XC Classic and enter your athletes.

STEP 2. After you have submitted the roster of athletes on www.milesplit.com, **print** and **complete the official payment form** (below) and enclose it with your payment or voucher payable to **DCTOCA** and send to Ken Kraft, DCTOCA Treasurer (address below).

**DO NOT MAKE ANY PAYMENT TO MILESPLIT.COM.**

**USE THE OFFICIAL ENTRY FORM BELOW!!!**

STEP 3. Make sure you have entered the: School Name, the teams entered (Varsity, boys &/or girls, JV, the number of runners, boy &/or girl and Freshmen, the number of runners, boy &/or girl).

**This information MUST be entered on the Official Entry Form below.**

**OUT-OF-STATE** Schools MUST submit their online entry no later than 3:00 pm EDT Thursday, September 2, 2021. In order for this meet to be properly sanctioned, the out-of-state team names must be submitted to NFHS 20 days prior to the meet.

If any out-of-state school enters in the meet after the September 2, 2021 deadline, they will be subject to an additional $50 late fee; **which is the fee NFHS charges us for a late out of state entry.**

NY STATE Schools online entry deadline is Thursday, September 16, 2021.

Race assignments will be posted at [www.dctoca.org](http://www.dctoca.org/) by Wednesday, September 22, 2021.

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**ENTRY FEE**

Each Varsity team $40.00 only one boys and one girls team per school

Each JV team\* $40.00\* unlimited teams allowed (maximum of 7 runners each team\*)

Each Frosh team $40.00 unlimited (minimum fee $40 add $6 per runner after first 7)

**School saver** **$160.00** one Var. boys, one Var. girls, one JV boys, one JV girls

one Frosh boys, one Frosh girls - Maximum of 7 runners each team

\*JV ONLY – up to 4 additional JV runners may be entered beyond the max. of 7 to a JV team. The fee for those additional runners is $6.00 for each runner entered. (12 runners equal a second JV team).

\*Additional JV teams cost $40.00 per team.

\*Once an additional JV team is submitted you have incurred the $40.00 additional charge.

***\*\*\*Please note you are paying for the number of athlete’s names entered not the number of runners you bring on race day!!!***

**The MAXIMUM entry per school is $250.00.** That includes 1 Varsity Boys, 1 Varsity Girls Teams & unlimited JV Boys & Girls and Freshmen Boys & Girls entries.

**The DCTOCA Tax ID # 14-1578589**

Send the completed payment form and payment to:

**Ken Kraft, DCTOCA Treasurer**

**15 Rosalind Road**

**Poughkeepsie, NY 12601**

THE 14th ANNUAL BOWDOIN PARK CROSS COUNTRY CLASSIC

Saturday, September 25, 2021

**OFFICIAL ENTRY FORM**

This form must be received on or before Thursday, September 22, 2021.

Please enclose payment or school voucher made out to “**DCTOCA**”

School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Boys Coach\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Girls Coach\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Boys Coach email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Girls Coach email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Boys Coach Cell Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Girls Coach Cell Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1** | **Varsity Boys team** | **one 7-runner team** | **$40.00** | $ |
| **2** | **Varsity Girls team** | **one 7-runner team** | **$40.00** | $ |
| **3** | **JV Boys** | **each 7-runner team** | **$40.00** | $ |
|  | Additional JV boys | #  | @ 6.00/ea | $ |
| **4** | **JV Girls** | **each 7-runner team** | **$40.00** | $ |
|  | Additional JV girls | # | @ 6.00/ea | $ |
| **5** | **Freshman Boys** | **Minimum entry** | **$40.00** | $ |
|  | Additional Frosh Boys | # | $6.00 | $ |
|  | Additional Frosh boys teams | # | $40.00 | $ |
| **6** | **Freshman Girls** | **Minimum entry** | **$40.00** | $ |
|  | Additional Frosh Girls | # | $6.00 | $ |
|  | Additional Frosh girls teams | # | $40.00 | $ |
|  | **School Saver Entry** | **One team in all 6 categories** | **$160.00** | **$** |
|  | Maximum School Entry | Unlimited JV and Frosh teams | $250.00 | $ |
|  |  |  | **Total** | **$** |

Checks should be made payable to: **DCTOCA** DCTOCA Tax ID # 14-1578589

Return this form with entry fee, voucher or claim form before September 22, 2021 to:

**Ken Kraft, DCTOCA Treasurer**

**15 Rosalind Road**

**Poughkeepsie, NY 12601**

Or email it to: craftedkup@verizon.net