



28th Annual
ST DOMINIC ACADEMY
CROSS COUNTRY INVITATIONAL

Saturday, September 10, 2022 - 9:00 a.m. - Lincoln Park in JERSEY CITY

It is a pleasure to take this opportunity to invite you to the exciting 28th edition of our Saint Dominic Academy Cross Country Meet. The meet will be held rain or shine, in beautiful Lincoln Park, which has ample van and bus parking as well as a rest room, just steps from the track. Hopefully, all will run smoothly as we emerge from the challenges of COVID-19.

We hope you will join us for a great day of running for all members of your team as we get the season underway. We are offering Freshman, JV, and Varsity races at the reasonable entry cost of **\$90 per team, per race**. This fee allows for unlimited competition in all the underclass races. We will again award our attractive custom medals in each race, with the number being determined by the size of the entry. If the entry warrants, we will again have our popular **SDA champion T-shirts** for the team and individual winners of all races.

We ask you to please return your entry form by **Thursday, September 1st**. Since the meet is early in the school year, we will understand if you are having difficulty obtaining a check before the deadline. If this is the case, simply send your entry form by the due date as a commitment of attendance, and remit payment promptly thereafter. Refunds will not be possible, and all entries must be paid regardless of the participation of your team on the day of the meet. Number of teams will be limited on a first come basis. Act early to avoid missing the cut.

Schools MUST update their MileSplit roster 3 days prior to race day. Roster corrections or additions may be made by phone or by e-mail (jnagel@stdominicacad.com), as needed. Best wishes and thank you for your support.

9:00 - Freshman Boys

10:25 - JV Girls

9:25 - Freshman Girls

11:00 - Varsity Boys

9:50 - JV Boys

11:25 - Varsity Girls

Freshman Boys and Girls will run a 2 lap race (2-1/4 miles.) All others will run a 5,000m, 3 lap race.

Please make checks payable to: **Saint Dominic Academy**

Mail your entries to: John E. Nagel, Meet Director, at 10 Cherry Street, Jersey City, NJ 07305, (201) 401-7394.

Fees: \$90 per team, per race. Individuals are \$15 each. Maximum fee: Full Boys & Girls Teams - \$450

All entries MUST be received no later than **September 1, 2022**

Our school plans to attend the 28th Annual SDA XC Invitational. We understand that the meet will be held rain or shine, therefore, no refunds are possible. This entry must be signed by the Coach and Athletic Director. Be advised this is an entry fee NOT a participation fee. (Check each division your team will enter.)

___ Varsity Boys

___ JV Boys

___ Freshman Boys

___ Varsity Girls

___ JV Girls

___ Freshman Girls

Name and address of school: _____

Phone: _____ AD Signature: _____

Coach's Signature: _____ Home Phone: _____