

Suffolk County Track Officials Association Cross Country Invitational

Saturday, October 10, 2026

ENTRY FEE: \$200 per team - unlimited number of runners per team. \$30 per individual runner.

NOTE: Boys and girls are considered *separate* entry fees. Maximum entry fee is \$200 for boys and \$200 for girls.

AWARDS: Long-sleeve tee shirts to the top 10 finishers in each Varsity race. Medals to the top 25 finishers in each Varsity race. Medals to the top 20 finishers in all other races. Ribbons to all other finishers. Plaques to first place teams.

TIME SCHEDULE:

Girls JV	10:00	Boys Frosh	11:25
Girls Varsity	10:35	Boys Varsity	11:45
Girls Frosh	11:05	Boys JV	12:10

GENERAL INFORMATION:

1. Varsity runners will run the 5K course.
 2. JV runners will run the 2.5 mile course.
 3. Frosh runners will run a 1.5 mile course over the bridge.
 4. The nearest hotels are the Radisson Hotel in Hauppauge and Hampton Inn LI in Commack. These hotels are approximately 10 minutes from the park.
 5. Long-sleeved custom tee shirts will be on sale.
 6. Team must first be entered in Varsity race before entering JV.
 7. Toll at Sunken Meadow State Park bus entry fee is \$35 with state permit, and \$75 without state permit.
(Apply to state parks for a permit a few weeks ahead at (631) 321-3515)
- *This meet is sanctioned for all of New York State.

SCHOOL NAME _____

SCHOOL ADDRESS _____

COACH'S NAME & PHONE _____

COACH'S HOME ADDRESS _____

COACH'S E-MAIL ADDRESS _____

All rosters must be submitted on-line by October 7, 2026 to:

ny.milesplit.com

Enter the number of runners in each race. **Be as accurate as possible!!**

Girls

JV runners # _____ (unlimited)

Varsity runners # _____ (7 Max)

Frosh runners # _____ (unlimited)

Boys

Frosh runners # _____ (unlimited)

Varsity runners # _____ (7 Max)

JV runners # _____ (unlimited)

On-line entry and paper entry are due by October 8, 2026

****CHECK or VOUCHER MADE OUT TO: Suffolk Track Officials Association**

All entries require payment, even if your team does not show up.

Please mail paper entry to: Peter McArdle, 804 Elmwood Rd. West Babylon, NY 11704

Cell Phone: (631) 774-7807

Email: pmcardle804@gmail.com

This meet is sponsored by Sayville Running Company

49 Main Street, Sayville, NY

