

2008 BOYS & GIRLS NJSIAA/The Star-Ledger CROSS-COUNTRY CHAMPIONSHIPS

Be sure to read the instructions (last 2 pages of this document) for discharging and loading athletes at Holmdel Park. Please share the parking for spectator information with your parents.

The NJSIAA extends a most cordial invitation to you and your school to participate in the 2008 BOYS & GIRLS NJSIAA Cross-Country Championship program. Attached are the instructions and entry forms for your school.

NOTE: Eligibility requirements for the NJSIAA/The Star-Ledger Cross-Country Championships

1. Your cross-country schedule must show that seventy percent (70%) of your competition from the opening of your season until October 22 (October 29 for Non-Public Schools) was against New Jersey schools.
2. Any player with two (2) or more disqualifications in the current season, prior to the start of an NJSIAA tournament will be ineligible to compete in said tournament.
3. **Any varsity team** accumulating three (3) or more player and/or coach disqualifications for flagrant unsportsmanlike conduct prior to the start of a tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.
4. **To promote fairness in competition and the health and safety of student athletes, no NJSIAA member school will be eligible to participate in any NJSIAA Championship Tournament if it has violated the Specific Sports Regulations for the sport including, but not limited to, the start of practice, the start and ending of the sport season and the maximum contests permitted during the regular season. The application of this eligibility standard is non-appealable.**

SPECIFIC SPORTS REGULATIONS (found in the *New Jersey State Interscholastic Athletic Association Handbook 2008-2009- Constitution, Bylaws, and Rules & Regulations*)

RULE 19. Cross Country

Section 1. Rules. *The National Federation Track and Field and Cross Country Rules*, unless herein modified, shall govern all NJSIAA cross-country meets.

Section 2. Start of Practice.

Article 1....Cross-Country – 20 days before the team’s first scheduled meet.

Section 3. Start of Regular Schedule.

Article 1....Cross-Country - Friday before the Second Saturday of September.

Section 4. End of Season (From Rule 2, Section 10)

All teams may participate in interscholastic contests up to the final championship in their respective sports. Exceptions: Winter Track – Feb 28 (Golf will be up to and including the Friday before the NJSIAA championships in softball and baseball.) Individual competition shall terminate with the end of said competition.

Section 5. Meets Per Day. A competitor shall not compete in more than one meet during the same calendar day.

Section 6. Meets Per Week. A student shall be permitted to participate in a maximum of three (3) meets per week (including scrimmages as provided for in Rule 2, Section 7 [A student shall not be permitted to participate in a scrimmage or a game (interschool) in any strenuous sport until he/she has completed SIX DAYS OF PRACTICE IN THAT SPORT (days of 24 hours, not sessions). Practices during the Summer Recess prior to the official opening of the Sports Season cannot be counted to fulfill this requirement.], and sanctioned and championship invitational meets). During the season, team members who compete in outside meets with the approval of the school remain eligible for NJSIAA competition; such meets to be counted as part of the maximum three (3) per week. Under no circumstances may a student compete on three (3) consecutive days even when a postponed meet is worked into the schedule. (National Federation approved meets are exceptions to this rule.)

Section 7. Postponed Meets. One (1) postponed meet per week may be worked into the schedule, but under no circumstances may a student compete on three (3) consecutive days.

Section 8. Officials.

Article 2 In all dual and triangular Cross-Country Meets there shall be at least one (1) NJSIAA registered track official designated as the Starter-Referee.

Section 10. Jewelry. No jewelry (including watches) is permitted to be worn during competition. Religious medals and medical alert medallions must be taped to the body.

Section 11. Standard Distances/Cross-Country. Unless Meet Directors for Open, Conference, and Championship meets have received NJSIAA approval to conduct meets at other distances, the standard distance shall be:

Article 1....Freshman – 3500 meters

Article 2....Junior Varsity or Novice – 4500 meters

Article 3....Varsity – 5000 meters

PLEASE READ THE INSTRUCTIONS CAREFULLY, and keep them on hand for reference throughout the meet period. The success of the cross-country program is dependent upon the complete cooperation of our member schools. **IF AFTER READING THIS MATERIAL YOU HAVE ANY QUESTIONS, PLEASE CONTACT YOUR SECTIONAL MEET DIRECTOR OR THE STATE CROSS-COUNTRY CHAMPIONSHIP DIRECTOR AS LISTED IN THESE TOURNAMENT REGULATIONS.**

ATTENTION: CONTESTANTS WHO APPEAR AT SECTIONALS, STATE GROUP CHAMPIONSHIPS, OR STATE CHAMPIONSHIPS WITHOUT THEIR COACH (OR CERTIFIED MEMBER OF THE FACULTY) WILL BE DISQUALIFIED.

AS A RESULT OF INCREASED DIFFICULTIES WITH LATE ENTRIES AND ROSTERS, PLEASE BE ADVISED THAT ENTRY FORMS AND ROSTERS NOT RECEIVED ON TIME WILL NOT BE ACCEPTED. SINCE QUALIFICATION **[OTHER THAN THE REQUIREMENTS LISTED ON PAGE 1]** IS NOT NECESSARY FOR ENTRY, COACHES ARE URGED TO SUBMIT ENTRIES AND ROSTERS WELL IN ADVANCE OF DEADLINE.

IF YOU WISH TO BE NOTIFIED THAT YOUR ENTRY WAS RECEIVED, YOU MUST INCLUDE A SELF-ADDRESSED RETURN ENVELOPE OR POST CARD. To verify that Rosters have been received, check the following website twenty-four (24) hours after it has been e-mailed: WWW.LFRAULORACINGSYSTEMS.COM

Vouchers should also include a self-addressed return envelope.

WE URGE YOU TO MARK YOUR CALENDAR AND WE THANK YOU FOR YOUR COOPERATION.

SECTIONAL STARTING TIMES: NORTH I, NORTH II, CENTRAL and SOUTH - November 8, 2008

10:00 am	Group III Boys	11:40 am	Group IV Boys
10:25 am	Group II Boys	12:05 pm	Group I Boys
10:50 am	Group III Girls	12:30 pm	Group IV Girls
11:15 am	Group II Girls	12:55 pm	Group I Girls

PLEASE NOTE: Sectional starting times are rotated each year.

CHECK YOUR STARTING TIME!

COACHES MUST HAVE A COPY OF THESE INSTRUCTIONS AVAILABLE AT EACH MEET.

2008 NJSIAA/The Star-Ledger Boys and Girls Cross-Country Championships

SECTIONAL MEETS - SATURDAY, November 8, 2008 (PUBLIC Schools) Entries close Wednesday, October 22, 2008

DISTANCE: ALL RACES will run on a 5000 meter course.

NORTH I

SITE: Garret Mountain, West Paterson

MEET DIRECTOR: Mr. Louis Fraulo e-mail: FRAULOTIMING@OPTONLINE.NET
Home Phone: (973) 777-6313

Mail Entry Form, fees/vouchers to: NJSIAA X-C North I
1161 Route 130 North
P. O. Box 487
Robbinsville, NJ 08691

*HY-TEK file MUST be e-mailed to FRAULOTIMING@OPTONLINE.NET. GIRLS and Boys rosters SHOULD be included in the same exported Hy-Tek file.

The following schools will run at Garret Mountain:

<u>Group IV</u>	<u>Group III</u>	<u>Group II</u>	<u>Group I</u>
Bergen Cty VT - Hackensack	Bergenfield	Dover	Bogota
Bloomfield	High Point	Dumont	Boonton
Clifton	Lakeland	Garfield	Butler
Eastside (Paterson)	Montville	Glen Rock	Cresskill
Fair Lawn	Morris Hills	Hopatcong	Hasbrouck Heights
Hackensack	Morris Knolls	Indian Hills	Hawthorne
Kearny	Mount Olive	Jefferson	Kinnelon
Kennedy, J.F. Paterson	Northern Highlands	Kittatinny	Leonia
Livingston	Northern Valley Demarest	Lenape Valley	Midland Park
Memorial (WNY)	Northern Valley Old Tappan	Mahwah	Morris County Vo-Tech
Montclair	Paramus	Manchester Regional	Mountain Lakes
North Bergen	Pascack Valley	Morrow, Dwight	New Milford
Passaic	Ramapo	Newton	North Warren
Passaic Cty VT	Sparta	Pascack Hills	Park Ridge/Emerson
Randolph	Teaneck	Pequannock	Pompton Lakes
Ridgewood	Tenafly	Ramsey	Saddle Brook
Union City	Wayne Hills	River Dell	Sussex Cty Vo-Tech
Vernon	Wayne Valley	Walkill Valley	Waldwick
West Orange	West Milford	West Essex	Westwood

NORTH II

SITE: Warinanco Park, Elizabeth

MEET DIRECTOR: Mr. Wayne Letwink e-mail: w.letwink@comcast.net
Home Phone: (908) 232-0966

Mail Entry Form, fees/vouchers to: NJSIAA X-C North II
1161 Route 130 North
P. O. Box 487
Robbinsville, NJ 08691

PLEASE NOTE: RUNNERS will be permitted to wear 1/4" or shorter SPIKED SHOES AT WARINANCO PARK.

*HY-TEK file MUST be e-mailed to FRAULOTIMING@OPTONLINE.NET GIRLS and Boys rosters SHOULD be included in the same exported Hy-Tek file.

The following schools will run at Warinanco Park:

<u>Group IV</u>	<u>Group III</u>	<u>Group II</u>	<u>Group I</u>
Bayonne	Carteret	Bernards	Arts
Bridgewater-Raritan	Colonia	Caldwell	Becton, Henry P.
Columbia	Ferris	Chatham	Belvidere
Dickinson	Irvington	Cliffside Park	Cedar Grove
Edison	Millburn	Cranford	Dayton, Jonathan
Elizabeth	Morristown	Fort Lee	Glen Ridge
Franklin	Nutley	Governor Livingston	Harrison
Hunterdon Central	Parsippany Hills	Hackettstown	Hoboken
Linden	Passaic Valley	Hanover Park	Hudson Cty VT Jersey City
North Hunterdon	Phillipsburg	Hillside	Lyndhurst
Perth Amboy	Rahway	Lincoln	McNair Academic
Piscataway	Roxbury	Madison Boro	Palisades Park
Plainfield	Scotch Plains-Fanwood	Orange	Ridgefield
Ridge	South Plainfield	Parsippany	Science
Stevens, John P.	Voorhees	Ridgefield Park	Secaucus
Union	Warren Hills	Rutherford	Technology
Watchung Hills	West Morris Central	Shabazz, Malcolm X	University Charter Academy
Westfield	West Morris Mendham	Snyder	Verona
Woodbridge	West Side	Summit	Whippany Park

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CENTRAL

SITE: Thompson Park, Monroe, New Jersey

MEET DIRECTOR: Jim Casey e-mail: officialgear@hotmail.com
Cell: 732-673-5395

Mail Entry Form, fees/vouchers to: NJSIAA-X-C Central
1161 Route 130 North
P. O. Box 487
Robbinsville, NJ 08691

*HY-TEK file MUST be e-mailed to FRAULOTIMING@OPTONLINE.NET GIRLS and Boys rosters SHOULD be included in the same exported Hy-Tek file.

The following schools will run at Thompson Park:

<u>Group IV</u>	<u>Group III</u>	<u>Group II</u>	<u>Group I</u>
Brick Memorial	Freehold Boro	Allentown	Academy Charter
Colts Neck	Hamilton East	Burlington Township	Asbury Park
East Brunswick	Hamilton North	Cinnaminson	Bordentown
Freehold Township	Hamilton West	Delaware Valley	Bound Brook
Hillsborough	Hightstown	Delran	Brearley, David
Howell	Holmdel	Ewing	Dunellen
Jackson Memorial	Hopewell Valley	Johnson, Arthur L.	Highland Park
Manalapan	Kennedy, J.F. Iselin	Keyport/Hudson - Girls Only	Hudson, Henry Boys Only
Marlboro	Lakewood	Long Branch	Keansburg
Middletown North	Lawrence	Manasquan	Keyport Boys Only
Montgomery	Middletown South	Matawan	Manville
North Brunswick	Monroe	Monmouth Regional	Metuchen
Old Bridge	Neptune	North Plainfield	Middlesex
Pennsauken	New Brunswick	Point Pleasant Boro	New Providence
Rancocas Valley	Northern Burlington	Raritan	Point Pleasant Beach
Sayreville	Ocean Township	Red Bank Regional	Robbinsville
South Brunswick	Princeton	Rumson-Fair Haven	Shore
Trenton	Wall	Somerville	South Amboy
W Windsor-Plainsboro South	W Windsor-Plainsboro North	Spotswood	South Hunterdon
			South River

SOUTH

SITE: Delsea High School, Franklinville, New Jersey

MEET DIRECTOR: Mr. Jim Camburn e-mail: JCamburn@Buena.k12.nj.us
School Phone: (856) 697-2400 x8218
Home Phone: (856) 435-1794

Mail Entry Form, fees/vouchers to: NJSIAA-X-C South
1161 Route 130 North
P. O. Box 487
Robbinsville, NJ 08691

*HY-TEK file MUST be e-mailed to FRAULOTIMING@OPTONLINE.NET. GIRLS and Boys rosters SHOULD be included in the same exported Hy-Tek file.

The following schools will run at Delsea Regional High School:

<u>Group IV</u>	<u>Group III</u>	<u>Group II</u>	<u>Group I</u>
Absegami	Brick Township	Barneget	Audubon
Atlantic City	Burlington Co Ins Tech Westampton	Bridgeton	Cape May Cty VT
Cherokee	Central Regional	Buena	Clayton
Cherry Hill East	Clearview	Burlington Co In T Medford	Glassboro
Cherry Hill West	Cumberland	Camden	Gloucester City
Eastern	Deptford	Collingswood	Haddon Heights
Egg Harbor	Hammonton	Delsea	Haddon Township
Lenape	Highland Regional	Gateway/Woodbury	Maple Shade
Mainland	Jackson Liberty	Gloucester Cty VT	New Egypt
Millville	Kingsway	Haddonfield	Palmyra
Oakcrest	Lacey	Manchester Township	Paulsboro
Southern Regional	Moorestown	Middle Township	Penns Grove
Toms River East	Ocean City	Lower Cape May	Pennsville
Toms River North	Seneca	Pinelands	Pitman
Toms River South	Shawnee	Pleasantville	Riverside
Vineland	Timber Creek	Sterling	Salem
Washington	Triton	West Deptford	Schalick, Arthur P.
Williamstown	Winslow Township	Wilson, Woodrow	Wildwood
			Woodstown

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NON-PUBLIC SCHOOLS

NOTE: Non-Public Schools, A & B will not compete in Sectional competition; however, they will compete in the State Group Championships at Holmdel Park on Saturday, November 15, 2008. **Also note classification procedures for cross-country only. All Non-Public schools with an official NJSIAA enrollment of 560 or more are Non-Public A, all 559 or less are Non-Public B.**

To be eligible for the cross-country tournaments, your cross-country schedule must show that seventy percent (70%) of your competition from the opening of your season up to October 29 was against New Jersey schools. **SEE PAGE 1 for other eligibility requirements.**

Non-Public Schools must submit their Entry Forms, fees/vouchers, posted **no later than Wednesday, October 29, 2008**, to the State Central Office:
NJSIAA - Non-Public XC
1161 Route 130 North
P. O. Box 487
Robbinsville, NJ 08691

*HY-TEK file MUST be e-mailed to FRAULOTIMING@OPTONLINE.NET

ENTRY GUIDELINES - Public and Non-Public

Team Fee - Eighty dollars (\$80.00) per team (**Must be paid to be eligible for a team award**)

Individual Fee - Fourteen dollars (\$14.00) per individual

The appropriate fee or purchase order must accompany the Entry Form and Roster (Roster MUST be e-mailed). This fee covers all levels of the tournament. Make all checks payable to the NJSIAA and be sure your school's name appears on the check to insure proper credit for your entry fee. PLEASE DO NOT SEND CASH.

VOUCHERS MUST BE ACCOMPANIED BY A SELF-ADDRESSED RETURN ENVELOPE.

PUBLIC SCHOOLS: Entry Fees & entry forms are to be mailed to the NJSIAA Central Office (see page 2, and Rosters e-mailed by Wednesday, October 18, 2006. **Rosters MUST be e-mailed by October 22, 2008 . NO ENTRIES OR ROSTERS WILL BE ACCEPTED AFTER THAT DEADLINE DATE. (Entries must be postmarked by October 22, 2008)**

NON-PUBLIC SCHOOLS: Entry fees & entry forms are to be **mailed** to the NJSIAA Central Office. (See above.)
State Group and State Championship Director
Don Danser
Business Phone: 609-259-2776
Home Phone: 609-267-2236

Entries for the Non-Public Schools **CLOSE ON October 29, 2008**, and must be posted no later than that date. **Rosters MUST be e-mailed by October 29, 2008. NO ENTRIES OR ROSTERS WILL BE ACCEPTED AFTER THAT DEADLINE DATE. (Entries must be postmarked by October 29, 2008)**

Also note classification procedures for cross-country only. All Non-Public schools with an official NJSIAA enrollment of 560 or more are Non-Public. A, all 559 or less are Non-Public B.

TEAM and INDIVIDUAL ENTRIES

Each school may list a **total of twelve** (12) entrants per team; seven (7) runners shall constitute a team, five (5) to qualify for scoring. Fewer than seven (7) runners may enter from one school; however, no more than seven (7) runners from one school may compete the day of the meet. Rosters may be updated, via e-mail FRAULOTIMING@OPTONLINE.NET NO LATER THAN OCTOBER 29, 2008, for public schools or November 1, 2006, for Non-Public schools. **NO ROSTER CHANGES WILL BE PERMITTED THE DAY OF THE MEET.**

Teams must have competed on an interscholastic basis and **must have paid a TEAM FEE** to be eligible for the team awards.

Individual entries will be permitted from any member school.

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ATTENTION ATHLETIC DIRECTOR/COACHES: Schools entering individuals and not presently competing on an interscholastic basis are advised to read carefully the Procedures - "Coaches Appointed to Accompany Teams or Individuals to NJSIAA Championships" in the NJSIAA Handbook. Tournament Directors will disqualify any contestant who is accompanied by someone in a coaching capacity who is not properly certified and appointed by the Board of Education. A properly appointed coach will thereafter be subject to the Rules and Regulations, Rule 2, Section 11 - Out-of-Season Practice. If a substitute coach is used, written authority from the school's Principal must be presented.

WEATHER

ALL MEETS WILL BE HELD REGARDLESS OF WEATHER. PLEASE DO NOT CALL MEET DIRECTORS. THE MEETS WILL BE HELD.

RULES

The 2008 National Federation Track and Field Rules will be used, except where modified in these regulations. Every Coach should also familiarize himself/herself with the NJSIAA Sports Rules and Regulations in the *NJSIAA Handbook*.

PROTESTS

All protests the day of the meet will be handled by the Referee; however, there will be a Jury of Appeals. The Jury of Appeals will consist of the Meet Director, the Head Starter, the Head Judge and the Clerk of the Course. The Jury of Appeals WILL MAKE THE FINAL DECISION. All protests must be made within thirty (30) minutes of the conclusion of the last race of the day.

After this time period, protests based upon an official's judgment, or misapplication or misinterpretation of the playing rules will not be honored as per NJSIAA Bylaws, Article VII, Section 1.

APPEALS - (For Entry into the next round)

THERE SHALL BE NO APPEAL OR WAIVER FOR ADVANCEMENT FROM ONE LEVEL OF THE CHAMPIONSHIPS TO ANOTHER REGARDLESS OF REASON. E.G., FROM SECTIONALS TO STATE GROUPS, OR FROM STATE GROUPS TO STATE CHAMPIONSHIP MEET: I.E. AN ENTRANT MUST COMPETE TO ADVANCE.

NOTE: FAILURE TO BE PRESENT AT THE TIME THE EVENT IS CALLED DUE TO A TRANSPORTATION PROBLEM, MISUNDERSTANDING OF INSTRUCTIONS, TOURNAMENT REGULATIONS, OTHER SIMILAR EXCUSES, INJURY OR ILLNESS WILL RESULT IN DISQUALIFICATION.

DISQUALIFICATION (Ineligible Participant)

If an ineligible contestant participates in a meet, said contestant will be disqualified from the meet immediately and the next finisher(s) will advance in his/her (their) place; schools/contestants eliminated prior to the last competition will not re-enter meet competition.

ALCOHOLIC BEVERAGES/ILLEGAL SUBSTANCES

Players and coaches involved with alcoholic beverages and/or illegal substances before, during or after the meet, at the meet site or on school property, including chartered busses, shall be suspended from NJSIAA tournament play for one year and be denied any championship rights.

This action was taken in support of the fact that such actions concerning alcoholic beverages and illegal substances are in violation of New Jersey State statutes and will be strictly enforced.

EVERYONE IS REMINDED THAT NEW JERSEY STATE LAW PROHIBITS SMOKING IN ANY FORM AT ANY HIGH SCHOOL EVENT, REGARDLESS OF THAT EVENT'S LOCATION.

ATHLETIC EMERGENCY PROCEDURE

Each school participating in the tournament will provide for the care and treatment of their athletes within the school's policy as in effect during the regular season. The athletic emergency procedure of the host school will be in effect during the tournament which should include the establishment of a line of communication for emergent situations.

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Some sources of assistance that may be utilized when physicians are not available are certified athletic trainers, emergency medical technicians usually on emergency vehicles, ambulance vehicle with trained personnel, rescue vehicle with trained first-aid personnel and, in some areas, National Guard or Army Reserve Medical personnel assigned to ambulance duty. Schools may also have other school personnel qualified in first-aid, who may be available for duty during activities.

- a. Recommended procedures that may be followed in successful emergency care are:
 1. Immediate, on the spot first-aid by an individual with adequate training.
 2. Communication System. An available, non-pay telephone with an outside line to contact a physician or ambulance service. Arrangements should be made in advance to insure availability.
 3. Emergency care facility. Arrangements should be made, in advance, with staff personnel of local hospital or clinic to notify, in case of emergency, that emergency service is necessary.
 4. Notification. The facility to which the injured player is being transported should be immediately informed of the injured player's status. Necessary personnel and equipment should be available in the facility or physicians, on call, could be notified of the emergency.
 5. Transportation. Ambulance, emergency vehicle, first-aid vehicle or rescue vehicle, with appropriate equipment and personnel may be parked at the field or game site. If this procedure is not feasible, prior arrangements should be made to have equipment on call when an emergency develops. Again, an available, non-pay telephone with an outside line should be immediately available.
 6. Communities without physicians, medical clinics, or hospital service should complete arrangements with medical personnel and hospital facilities in the nearest community where such services are available.
- b. The plan of action specified above should be carefully covered, in advance, with responsibilities of all concerned – trainer, coach, vehicle personnel, school administrators, local police, deputies, or constables – defined. When an emergency does occur, everyone involved can function as an informed, effective team.
- c. Local plans of action to meet emergency situations will vary depending on availability of medical personnel and facilities, the location of the playing field or site and communications. In all cases, the emergency situation plan is best developed through cooperative action of local school personnel, participating professional medical staff and allied groups.

ATTENTION: Principals, Athletic Directors, All Coaches and Officials

RE: **Recommended Precautions Against The Transmission of Blood-Borne Pathogens**

All member schools must provide all coaches with the contents of the NJSIAA Infectious Disease Policy.

The Infectious Disease Policy provides that:

If an individual gets someone else's blood on his/her skin, protective gloves should be worn to wipe the blood off with a disposable towel using soap and water.

Note: If any blood gets on an opponent's uniform during competition or a teammate's uniform during practice, it is not necessary to clean the uniform at that point unless the opponent or teammate has an open cut or unskinned area, or the blood is on a part of the uniform which might come in contact with mucous membranes. If the student-athlete does have an open cut or unskinned area or believes the blood might come in contact with mucous membranes, then the uniform should be wiped with soap and water.

SALES/SOLICITATIONS

Only NJSIAA promotional items will be sold at NJSIAA sponsored events. For the 2008/2009 seasons, First Division is the designated vendor.

Solicitations, sale of publications/products, or similar activities are NOT permitted without prior authorization from NJSIAA. The New Jersey State Interscholastic Athletic Association is the sponsoring association for all levels of State Tournament/ Championships. The NJSIAA reserves all rights in regard to the management of these Tournaments/Championships and the sale or distribution of any items or any audio-visual reproductions. Any sale or distribution of clothing, souvenirs or any other items is strictly prohibited without prior authorization from NJSIAA.

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SCORING

Scoring will be based on the *2008 National Federation Track and Field Rules* (Cross-Country Running). Individual runners will be scored separately and will not affect the scoring of teams. Teams advancing beyond the Sectional Meet must enter a full team (5 or more), not part of that team as individuals.

Ties will be resolved as per the *2008 National Federation Track and Field Rule Book* (Cross-Country Running).

Explanation of the scoring procedure is found elsewhere in these instructions.

Note classification procedures for cross-country only: All Non-Public schools with an official NJSIAA enrollment of 560 or more are Non-Public A, all 559 or less are Non-Public B.

GENERAL INFORMATION FOR ALL MEETS - ATTENTION COACHES

1. DISQUALIFICATION (Meet Infractions)
 - (a) Any runner disqualified will be removed from the team roster and may not be replaced.
 - (b) Any coach/team member guilty of aiding a team member or impeding another runner will disqualify that team from the meet. Any coach or non-competing team member guilty of misconduct will be referred to the NJSIAA Executive Committee.
 - (c) Any spectator impeding the progress of the race or refusing to leave the restricted zones will be removed from the premises by Security personnel.
 - (d) Coaches must check in their team or individual competitors and pick up envelopes from the Meet Director at least thirty (30) minutes prior to the scheduled time of their race and have their runners at the starting line fifteen (15) minutes before the start of the race. Failure to comply with this procedure may result in team disqualification by the Meet Director.
 - (e) Numbers will be provided and must be securely pinned on the FRONT of each runner, secured with four (4) pins. **MAKE SURE NO PINS ARE IN THE TEAR-OFF PORTION OF THE NUMBER.** It is the coach's responsibility to provide pins - no pins will be available at the site. Failure to comply may result in disqualification of the runner.
 - (f) **All score cards (SUMMARY CARDS) along with PLACE CARDS *must* be turned in to the scorer at the designated location for your site (At the Group Meet and the Meet of Champions, the site will be at a table near the end of the finish chute.) within fifteen (15) minutes after the race ends OR THE TEAM WILL BE DISQUALIFIED FROM NEXT YEAR'S COMPETITION.**
 - (h) **40 minutes after the start of any race in the cross-country tournament (Sectionals, Group Meet, and Meet of Champions), the race will be declared over and no additional scoring will take place.**
2. DO NOT LITTER. COACHES ARE RESPONSIBLE FOR THEIR TEAMS. SCHOOLS NOT COMPLYING WILL BE BILLED FOR CLEANUP.
3. Teams will be permitted to walk or run the course up to thirty (30) minutes before the FIRST RACE OF THE DAY.
4. Dressing facilities will not be available at the sites.
5. Contestants not accompanied by a COACH or a CERTIFIED FACULTY MEMBER of the school will not be permitted to compete.
6. PERMISSION IS NEEDED FOR PRACTICE RUNS AT HOLMDEL PARK. Note: No practices will be permitted on Tuesdays and Thursdays. These days are reserved for meets. Please see park rules on page 11.
7. WHEN ENTERING HOLMDEL HIGH SCHOOL PARKING LOT, ALL BUS DRIVERS ARE REQUESTED TO FACE THE FRONT OF THE BUS TOWARD THE FOOTBALL FIELD. THIS WILL AVOID CONFUSION AND WILL ALLOW SUFFICIENT SPACES FOR ALL BUSES.
8. TEAMS MAY NOT WARM UP ON PATIO AROUND PICNIC STAND. WEARING OF SPIKES IN PATIO AREA OR ANY PARK BUILDING IS NOT PERMITTED.

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9. All vehicles, **including bicycles**, will not be permitted in the restricted zones, i. e. the course and adjacent areas. Coaches, runners, non-competing team members and spectators will not be permitted in the restricted zones. **OFFICIALS WILL STRICTLY ENFORCE THIS RULE.**
10. Copies of results on the day of the meet will NOT be available. A copy will be posted at a convenient location at each site. Results will also be on the internet within a few hours after the meet (www.mctrack.org, www.monmouth.com/~scullion and www.lfrauloracingsystems.com).
11. Bicycles and pets: Schools must be aware that the NJSIAA assumes no responsibility for bicycle accidents or animal bites. The hazards created by pets and bicycle riding amongst the large crowds of people present at Holmdel Park during the NJSIAA tournaments are the responsibility of the owners and riders **and** the schools to whom they are connected.
12. **Schools who have any athlete(s) caught violating the areas that are off-limits to runners in Holmdel Park and/or who are seen taking down signs will be fined a minimum of \$100.00 (more if any damage is done to the signs or the off-limits area) for the first offense. Any subsequent offense will cause the school to be banned from the park for an entire calendar year, dating from the date of the second offense**

AWARDS

A. Sectional Meets

A trophy and seven (7) medals to the first place team; seven (7) medals to the 2nd through 5th place teams; and medals to the first ten (10) individual finishers in each Group in each Section. **ONLY MEDAL WINNERS (Teams and individuals) AT THE SECTIONAL LEVEL WILL ADVANCE TO THE STATE GROUP CHAMPIONSHIPS.**

B. State Group Championships

A Trophy and seven (7) medals to the first place team; seven (7) medals to the 2nd and 3rd place teams; and medals to the first ten (10) individual finishers in each Group.

C. State Championships

A trophy and seven (7) medals to the first place team, seven (7) medals to the 2nd thru 6th place teams; and a trophy to the individual first place finisher with medals to the 2nd through 20th place individual finishers.

STATE GROUP CHAMPIONSHIP MEET - SATURDAY, November 15, 2008

To Qualify - Public Schools - The first five (5) teams plus the first ten (10) place runners in each Group in each Section will qualify for the State Group Championships.
- Non-Public Schools - See Page 5

State Group Championship Director - Don Danser
Business Phone: 609-259-2776
Home Phone: 609-267-2236
E-mail: ddanser@njsiaa.org

SITE: HOLMDEL PARK, HOLMDEL, NEW JERSEY (Please see park rules elsewhere in this document)

Starting Times:

10:00 am N-P B Boys	11:40 am Group I Boys	1:20 pm Group II Boys
10:25 am N-P A Boys	12:05 pm Group IV Boys	1:45 pm Group III Boys
10:50 am N-P B Girls	12:30 pm Group I Girls	2:10 pm Group II Girls
11:15 am N-P A Girls	12:55 pm Group IV Girls	2:35 pm Group III Girls

NOTE: The Groups will be rotated each year in order to give each Group a chance to run later in the day.

NOTE: Runners wearing spikes are advised to be extra cautious because a concrete walk and a macadam "path" have been placed on the courset just before the entrance to the woods.

Non-Public Schools Classifications

Non-Public A (Range 560-1396)

Academy o/t Holy Angels**	876
Bergen Catholic*	1140
Bishop Ahr	643
Bishop Eustace	569
Camden Catholic	649
Christian Brothers Academy*	1350
Delbarton*	722
DePaul	662
Don Bosco Prep*	1280
Gloucester Catholic	585
Holy Cross	560
Holy Spirit	633
Immaculata	596
Immaculate Heart**	1232
Monsignor Donovan	730
Notre Dame	926
Paramus Catholic	1203
Paul VI	842
Pope John XXIII	669
Red Bank Catholic	835
Saint Augustine*	928
Saint Dominic**	730
Saint John Vianney	752
Saint Joseph's Metuchen*	1222
Saint Peter's Jersey City*	1350
Seton Hall*	1396
Union Catholic	600

Non-Public B (Range 124-522)

Academy of St Elizabeth**	354
Cardinal McCarrick, So. Amboy	353
Dwight-Englewood	343
Eastern Christian	260
Gill St. Bernard's	166
Hawthorne Christian	124
Holy Family**	320
Hudson Catholic*	498
Immaculate Conception Lodi**	258
Immaculate Conception Montclair	190
Mater Dei	277
Montclair Kimberley	323
Moorestown Friends	211
Morris Catholic	384
Mount Saint Dominic**	522
Newark Academy	307
Oak Knoll**	360
Oratory Prep*	322
Our Lady of Mercy**	306
Paterson Catholic	305
Pingry	391
Queen of Peace	442
Ranney	178
Roselle Catholic	518
Sacred Heart	256
Saddle River Day	127
Saint Joseph's Hammonton	383
Saint Rose	428
Timothy Christian Academy	192
Villa Walsh**	314
Wildwood Catholic	207

*All Boys – enrollment doubled

**All Girls – enrollment doubled

Group Meet Awards Ceremony Approximate Schedule:

10:40 am N-P B Boys	12:20 pm Group I Boys	2:00 pm Group II Boys
11:05am N-P A Boys	12:45 pm Group IV Boys	2:25 pm Group III Boys
11:30 am N-P B Girls	1:10 pm Group I Girls	2:50 pm Group II Girls
11:55 am N-P A Girls	1:35 pm Group IV Girls	3:15 pm Group III Girls

STATE CHAMPIONSHIP MEET - SATURDAY, NOVEMBER 22, 2008

To Qualify - To qualify for the State Championship Meet which will determine the state team champion and the state individual champion, a runner:

- 1) must be a member of a team that has medaled (i.e. finished first, second, or third in team scoring) in its Group Meet race.

OR

- 2) must be a member of one of two (2) at-large teams. These teams will be non-placing teams whose top five (5) runners have the two best total times of all 4th and 5th place teams from all the Group races. Reminder: Place is never overruled by time.

OR

- 3) must have received a medal for placing in the top ten (10) in his/her Group Meet race.

OR

- 4) must have one of the top ten (10) fastest times of all the remaining runners from all Group races who have not qualified (i.e. won a medal or is a member of a qualifying at-large team) in any other way.

State Championship Director: Don Danser (Business Phone: 609-259-2776; Home: 609-267-2236)

SITE: HOLMDEL PARK, HOLMDEL, NEW JERSEY

Starting Times: 10:00 A.M. - Boys Championship Race
10:45 A.M. - Girls Championship Race
11:30 A.M.- Awards Ceremony (Starting with Girls)

NUMBERING/SCORING PROCEDURES

To facilitate the scoring at NJSIAA Championship Meets, the following procedures will be followed:

FOR COMPUTER SCORING:

Each runner will be assigned a "tear-off" number to be worn on the FRONT of his/her jersey. The "tear-off" section must be completely filled out as legibly as possible if not already filled out by meet management. ***Please do not fill this section out with a felt-tipped pen.*** USE BALL-POINT PENS or PENCILS. The "tear-off" will be removed in the chute and will be used (IN COMPUTER SCORING) to determine the individual order of finish.

It is imperative that each runner has a number securely fastened on the FRONT. HOWEVER, the runner should make sure that no pins are on the "tear-off" section of the number. Pins will not be provided at meets. Pins are the coach's responsibility. Any runner crossing the finish line without a number will only delay the finish of the race while determining his/her status.

FOR BACKUP HAND SCORING:

As a backup to the computer, a card system will be used.

Each runner will be given a Place Card as he/she clears the chute: This card represents the runner's actual place. It is imperative that these place cards be used to complete the Summary Card which is to be returned to the scoring table WITHIN FIFTEEN (15) MINUTES AFTER THE CONCLUSION OF THE RACE. **PLACE CARDS MUST BE RETURNED WITH SUMMARY CARDS.**

Schools with less than five starters or less than five finishers must also turn in a SUMMARY CARD. Failure to comply will result in the school's DISQUALIFICATION FROM NEXT YEAR'S Cross-Country Tournament.

Reminder: **Summary Cards serve as back-up for the computer scoring system. Please complete these forms accurately and turn them in at the appropriate time.**

HOLMDEL PARK

SUPPLEMENTAL RULES AND REGULATIONS

FOR ALL MEETS CONDUCTED AT HOLMDEL PARK

1. No school or organization shall use a County Park or Recreation Area for Cross-Country Meets or Practices without first having obtained written permission, in advance, from the Board of Recreation Commissioners. Permission shall only be granted on a yearly basis.
2. No school or organization shall hold meets or practices in any area or on any courses that have not been approved for the said purpose. The Board of Recreation Commissioners reserves the right to close any course or area to runners and to designate alternate courses or areas.
3. No school or organization shall be granted permission for use of a park or Recreation Area without first attending a meeting with the Manger in charge of the specific area.
4. No school or organization shall hold a meet which has not been confirmed in writing, including rain dates, and other reschedules
5. Criteria for the approval of Cross-Country Meets is as follows:
 - a. County Schools, County organizations, and State Universities (Dual and Tri Meets).
 - b. Any special Meet that is beneficial to the County Cross-Country Program and that does not cause damage to the resources or interfere with the operation of the Park.
6. Violation(s) of any Park System Rules and Regulations or any other specific regulations pertaining to Cross-Country by a home or visiting team, organization, or an individual member will result in the following disciplinary action taken against the team or organization which received Cross-Country Meet approval:
 1. FIRST OFFENSE – Written Warning
 2. SECOND OFFENSE – Two (2) Weeks Suspension
 3. THIRD OFFENSE – Suspension for the Remainder of the Season And the following Season.
7. Certain areas of the park are **OFF LIMITS** to cross-country runners in order to protect the natural features and resources and for the safety of all runners and visitors.
 - a. The crosshatched areas of the **cross-country map** (attached) are **NO RUNNER ZONES**. These are set aside for the general public to enjoy the park in cross-country free areas.
 - b. The shaded areas of the **cross-country map** are **walk only zones**. Simply, for everyone's safety, no running or jogging shall take place in these areas. All Park roadways, parking lots, buildings and patios are **walk only zones**.
 - c. Park buildings, patios, walkways, parking lots and roadways are not to be used as warm up/exercise or practice areas. Also, equipment shall not be stored on any patio or in any building.
 - d. Running spikes are not to be worn in park buildings or on patios.
8. The Monmouth County Park System reserves the right to close any area to runners and designate an alternate course.
9. Any injury sustained by a runner at the park must be reported in writing to the Park System.
10. All Buses must be parked on the south side of the brick rest room in Forest Edge parking lot (IF permitted to park at all in the park). **Teams participating in or attending a championship meet as spectators must arrive in a team bus or may ark in an off site parking area and ride a shuttle bus into Holmdel Park.**
11. Special permission must be obtained in writing for any meet that involves more than four (4) schools or teams.
12. Scheduled meets have priority over any practice. Mondays and Tuesdays shall be reserved for meets. Half the weekly meets are to be scheduled on Monday, and half are to be scheduled on Tuesday. No practices shall take place on meet days. Thursday afternoons are to be reserved for middle school meets. Runners and coaches are to be aware that other meets may be going on in the park and runners at practice shall "make way" for race participants. The Park

Manager must approve all rescheduled meets in writing. Rescheduled meets that have not been approved by the Park Manager will not be held.

13. Cross-country runners and coaches shall abide by the direction of the park rangers. They enforce the rules, regulations and procedures of the cross-country program. Employees of the Board of Recreation Commissioners are vested with police authority and empowered to issue summons and make arrests for violations of County Park rules and Regulations. Each Cross-Country Runner and coach are to be aware of the cross-country rules, regulations, and procedures and are responsible for their conduct and the conduct of their guest teams.

Contact Information: Drew D'Apolito
 Holmdel Park Manager
 805 Newman Springs
 Lincroft, NJ. 07738-1695

Phone: 732-946-9562

Fax: 732-946-9567

e-mail: ddapolit@monmouthcountyparks.com

These rules are intended for the safety of all concerned. Please familiarize your runners, coaches, managers and spectators with these rules to help guarantee that the races run smoothly and safely. Thanks for your cooperation.

Please make sure your bus drivers know where to discharge and pickup your athletes. Read and share with your drivers and parents the last two pages of this document concerning parking at Holmdel. It applies only to the Group Meet on November 15, 2008.

General Information:

The procedure for successful entry into the cross-country tournament is the same for all schools. Only the deadlines are the difference:

Public School **Deadline:** October 22, 2008

Non-Public School Deadline: October 29, 2008

Four components make up an entry:

1. Entry Form
2. Entry Fee
3. Electronic Roster
4. Sportsmanship Declaration

1. Entry Form

- A. Entry Form is attached to these regulations
- B. Fill in High School's FORMAL name (i.e. Abraham Clark, NOT Roselle)
- C. Fill in the Section (**North I**, **North II**, **Central**, **South** or **Non-Public**; NOT 1 or 2 or North Non-Public) and Group (1, 2, 3, 4, A, or B) according to the **CROSS-COUNTRY** NJSIAA Classifications published in June of 2008 AND LISTED AT THE BEGINNING OF THESE REGULATIONS.
- D. CHECK the appropriate entry: TEAM or INDIVIDUALS for Boys and/or for girls. *The same form can be used for both teams. Duplicate the form if you want to send the boys and girls separately.* If you check individuals and send 5 or more runners, no matter what, you cannot win any team awards and your team will not be scored. The team fee is \$80 for a boys' team, and \$80 for a girls' team. If you are entering both, the school needs to send \$160 to cover both teams.

The individual fee is \$14.00 per individual. IF NOT SENDING A TEAM, indicate the number of individual boys and/or girls you will be sending and multiply that figure by \$14.00 to get the amount due. For example if Arts High School plans to enter two boys and two girls, their total fee for both boys and girls would be \$56 (2 x \$14.00 = \$28 for boys; 2 x \$14.00 = \$28 for girls). Suppose Arts was sending a boys team, but three girls, then their total fee would be \$122.00 (\$80 for the boys team + 3 x \$14.00 = \$42 for the three girls).

Checks must be made payable to NJSIAA. Note that the Entry Form and Fee (check or voucher) must be sent directly to the NJSIAA (1161 Route 130 North, PO Box 487, Robbinsville, NJ 08691-0487)

The entry form must be signed by the Principal, Athletic Director and the Coach to be valid.

IF YOU WISH TO RECEIVE CONFIRMATION THAT YOUR ENTRY FORM HAS BEEN RECEIVED, FILL OUT AND ENCLOSE THE ATTACHED VERIFICATION RETURN FORM WITH A SELF-ADDRESSED ENVELOPE.

2. ENTRY FEE

Once you figured out your entry fee, enclose the check (or voucher) with the Entry Form. If you have a problem getting the check (or voucher) send the Entry Form in with a note stating fee (or voucher) will come later.

NOTE: A voucher that needs to be returned MUST be accompanied by a self-addressed envelope.

3. Electronic Roster

This step **requires you to e-mail** a Hy-Tek-generated data file containing a MAXIMUM OF **TWELVE** (12) BOYS AND **TWELVE** (12) GIRLS. The following are instructions for using Hy-Tek's *Team Manager Lite* (Windows version of Team Manager).

- I. You may download this program free of charge from the following website: www.hy-tek ltd.com Make sure it is TEAM MANAGER Lite for track and not the one for swimming.
- II. After downloading the program, you are ready to begin.
- III. The first time you open the program, you will have to add the school. This needs to be done only once. To do this,
 - A. Click on the TEAMS menu at the top.
 - B. In the next window click on the ADD menu. This will bring up the TEAM MAINTENANCE window.
 - C. Click in the TEAM CODE window and type in your school code (It will be three or four numbers. Codes can be found at the back of these CROSS-Country Tournament Regulations.
 - D. Next choose the TEAM TYPE. Click on the DOWN ARROW button in the TEAM TYPE field. You should be given only 2 choices: "Age Group" and "School." Choose SCHOOL.
 - E. Next type in the full school name (Example: Rancocas Valley Regional)
 - F. Next type in a short version like Rancocas Val. This Short version is what is used in the printout of results. It must be a name everybody can recognize. DON'T put mascot names, like Red Devils, or abbreviations like RVRHS.
 - G. You are now finished with adding school information. Anything else you fill in is optional and not needed by NJSIAA.

- H. If you wish, you may add coaches' information. Again, this is not necessary.
- IV. Now you are ready to add the athletes. To do so you must get back to the main menu or window. Click on the icon that looks like a hurdle in the upper left corner. A menu appears. Click on CLOSE. This will bring you back to the Main Menu.
- A. Now click on ATHLETES
 - B. In the next window, click on ADD
 - C. Fill in Last Name, First Name (Middle initial is optional)
 - D. Click appropriate Male/Female button.
 - E. Make sure MEMBER OF TEAM field shows your school code. If it is blank or another code is there, click on the DOWN ARROW button in the Team Member field. You should now see your school code there. Choose it. (You should have to do this only once, with the first athlete you enter). If no code is there at all, or your correct school code is not one of the choices, you did something wrong when you entered your school earlier. Repeat the instructions for entering your school.
 - F. Enter the school year (9, 10, 11, or 12) of the athlete
 - G. Any other information is optional. To get a new screen to enter your next athlete, click the OK button.
 - H. When finished adding your athletes, **after** clicking OK and getting a new ADD ATHLETE window, click the CANCEL button.
- V. Now you are ready to create your file that you need to send to the meet directors.
- A. Click on the Hurdle Icon then on the CLOSE button to get back to the main menu
 - B. Now click on the FILE menu, then the EXPORT button, then the ATHLETES/TEAMS button.
 - C. This will open the EXPORT ATHLETES window.
 - 1. The first thing you need to do is tell the program where you want to copy the file you are going to need to e-mail. A field labeled EXPORT TO DRIVE defaults to the Drive C and to a folder containing Team Manager Lite. It is recommended that you place a disk in the drive a: (floppy drive). When it comes time for you to e-mail the file, this is the easiest way to find the file when you want to attach it to your e-mail. Then select Drive A by clicking on the DOWN ARROW in the EXPORT TO DRIVE window and choose Drive A.
 - 2. Now you need to choose the appropriate ATHLETES EXPORT FILTERS. Choose BOTH if you are sending boys and girls rosters together, or choose MALES or FEMALES if you are sending only one of these groups in. Once again, you are permitted a MAXIMUM of 12 boys and 12 girls on your rosters, any seven of which may run on any meet day.
 - 3. Make sure your school code appears in the TEAM window. If necessary click on the DOWN ARROW in this field and choose your code.
 - 4. Click OK. You will get a message stating WHERE the file was copied and the name of the file.[The file name will start with your school code, followed by a hyphen (-) followed by "Roster001.zip" For example, Willingboro's export file name would be: 4321-Roster001.zip. If the last three numbers were 003, it would mean that two earlier files were saved in this same place. Usually, you want to send the last or latest file you created to your meet director. That file is always the one with the highest last three numbers.] Click the OK button to close the window and the file will be created ready for you to attach to an e-mail.
- VI. You are now ready to send your roster by e-mail. There are many programs (browsers) used to send e-mails so detailed instructions cannot be given here. However, sending the roster file is just one extra step in sending an ordinary e-mail.
- 1. Open your e-mail
 - 2. In the TO box type the following e-mail address: FRAULOTIMING@OPTONLINE.NET
 - 3. In the SUBJECT box, type in your school NAME and type of roster you are sending:
EXAMPLE: Franklin High School Boys cross-country State Roster
Again, we encourage you to send boys and girls in the same file.
 - 4. All e-mail programs have an ATTACHMENT button. When selected, it opens up a "browser" to let you find the file you want to attach and send with the e-mail. If you copied your Hy-Tek File to the floppy disk in drive A, select that drive and highlight the hy-tek file, then hit enter. You should now be back to your original e-mail screen with the attached file listed in the heading under ATTACHMENTS.
 - 5. Now just SEND the e-mail. You should be sending the file from an e-mail address Lou Fraulo can use to send you a REPLY so you will know he got it. Mr. Fraulo will acknowledge he received the e-mail and will let you know if there is a problem with it. If you don't get an acknowledgement, e-mail him again and/or call him (phone #'s on page 3)

VII Now you must check to make sure that the file you sent was received and is correct. REMEMBER, NO ROSTERS CAN BE CHANGED THE DAY OF THE MEET. PUBLIC SCHOOLS HAVE UNTIL OCTOBER 23 TO MAKE CORRECTIONS. NON-PUBLIC SCHOOLS HAVE UNTIL OCTOBER 31.

1. Give Lou Fraulo 24 hrs to post your roster.
2. After 24 hours, go to the following website: WWW.LFRAULORACINGSYSTEMS.COM
3. Scroll down on the opening screen until you see CLICK HERE FOR RESULTS
4. Click on HERE and on the next screen scroll down and click on "HS Cross-Country 2008"
5. On the next screen scroll down to NJSIAA ROSTERS RECEIVED and click on that.
6. It may take a few minutes for all the rosters to appear (they will be in alphabetical order by school). Boys and girls will be in the same place (even if sent in separately). Find your roster and check it carefully
7. What if:
 - a. I can't find my rosters, and I know I sent them in. *If you sent them in you should have received an e-mail back from Lou. If you did receive a reply and they are not there, check at the top of the roster list on the website to see when the last update to the list was made. If the last update was made after you sent your roster, wait another 24hrs and check again. If still not there, e-mail Lou (FRAULOTIMING@OPTONLINE.NET) and tell him about your problem.*
 - b. I noticed a spelling error and/or a grade error and/or a sex error (boy listed as girl or vice versa). **DO NOT SEND ANOTHER FILE.** *DO SEND an e-mail to Lou (FRAULOTIMING@OPTONLINE.NET), explaining the error. Be as specific as possible: **Example.** Lou, Coach Smith of Willingboro. I noticed when checking my roster on your website that I misspelled a name. The name "Twanda Bennet" should be Tawanda Bennett. Thanks.*
 - c. I mistakenly sent 14 names on my boys roster. *Lou will automatically delete the last two names alphabetically to get down to the TWELVE maximum allowed. If you didn't want those two names eliminated, you will need to e-mail Lou (FRAULOTIMING@OPTONLINE.NET) and tell him which two names to remove and which two names to replace: **EXAMPLE:** Lou, Joe Jones of Cinnaminson. I saw on your website that Mike Wellington and Jim Zorsi are not on my roster. Please replace Harry Beaudet and Claude Rains with Mike Wellington and Jim Zorsi. Thanks. **Again DO NOT SEND another complete hy-tek roster, just a plain e-mail with the correction will do!***

IT is the coach's responsibility to make sure rosters are in and are correct. REMEMBER ROSTERS CAN NOT be updated the day of the meet.

NOTE 1: IF ANY OF THE THREE PARTS OF THIS PROCESS (roster, entry fee, or entry form) ARE RECEIVED, THE SCHOOL WILL BE BILLED APPROPRIATELY WHETHER OR NOT THE PROCESS WAS COMPLETED AND/OR THE TEAM/INDIVIDUALS ACTUALLY RAN IN A MEET.

DO NOT SEND ROSTERS TO LOU FRAULO UNLESS YOU ARE PLANNING TO ENTER THE TOURNAMENT. IF A ROSTER IS RECEIVED AND THE SCHOOL DOES NOT RUN, THE SCHOOL WILL BE CHARGED A TEAM FEE FOR EACH ROSTER.

NOTE 2: FAILURE TO COMPLETE THE ENTIRE PROCESS MAY RESULT IN INDIVIDUALS OR TEAM NOT BEING ALLOWED TO COMPETE.

4. Sportsmanship Declaration Form

1. Fill in full school name in the appropriate space.
 2. Read and sign the document
 3. Mail the document along with the entry form and fee to Robbinsville address.
- Only one form per school is required. Boys and girls coach can sign the same form.

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION
1161 Route 130, P.O. Box 487 Robbinsville, N.J. 08691

VERIFICATION RETURN

To receive confirmation of mailed entry form and/or fees a SELF-ADDRESSED ENVELOPE AND THIS VERIFICATION FORM must be enclosed with your Entry Form.

To: Athletic Director
From: NJSIAA Central Office (Public and Non-Public)
RE: Verification of Cross-Country Entry

The _____ Tournament Director has received
(Fill in your Section: e.g. North I, Central, etc.)

_____ High School's
(Fill in your school's name)

[CIRCLE ONE:] <BOYS> <GIRLS> <BOTH> entry for the 2006 NJSIAA Cross-Country Championships.

Check all items sent:

_____ [Circle ONE] <Boys> <Girls> <Both> Hy-Tek produced roster file, attached to an e-mail, has been sent to Fraulotiming@optonline.net. I have checked the www.lfrauloracingsystems.com website to make sure my roster has been received. Date sent: _____

Date roster was seen on Lou Fraulo's website: _____

_____ [Circle ONE] <Boys> <Girls> <Both> Entry Form(s), completed and signed, is/are enclosed.

_____ [Circle ONE] <Boys> <Girls> <Both> Entry fee(s) (check #(s) _____) is/are enclosed.

_____ Voucher/Purchase order with a self-addressed return envelope is enclosed.

_____ Self-addressed envelope for returning VERIFICATION FORM and/voucher is enclosed.

NOTE: The same self-addressed envelope can be used to return a voucher/purchase order and the VERIFICATION FORM.

Do not write below this line

NJSIAA Central Office (Public and Non-Public)

Also note classification procedures for cross-country only. All Non-Public schools with an official NJSIAA enrollment of 560 or more are Non-Public A, all 559 or less are Non-Public B.

2008 NJSIAA/The Star Ledger CROSS-COUNTRY CHAMPIONSHIPS

OFFICIAL ENTRY FORM

_____ High School, SECTION _____, GROUP _____,

hereby enters a team or individuals in the NJSIAA [Circle ONE] <Boys> <Girls> <Both> Cross-Country Tournament to be held on Saturday, November 8 (Sectional-Public Schools Only), Saturday, November 15 (State Group Championships - All Schools) and Saturday, November 22 (State Championships). **TEAM ENTRY FEE (\$80) MUST BE PAID IN ORDER FOR A SCHOOL TO BE SCORED AS A TEAM.**

<p>_____ Boys Team Entry Fee = \$80</p> <p>OR</p> <p>_____ Boys Individual Entry Fee</p> <p>\$14 x _____ = \$ _____ (Number of Individuals) (Total Individual Fee)</p>	<p>_____ Girls Team Entry Fee = \$80</p> <p>OR</p> <p>_____ Girls Individual Entry Fee</p> <p>\$14 x _____ = \$ _____ (Number of Individuals) (Total Individual Fee)</p>
--	--

Total Enclosed: _____ **[Check/Purchase order # _____]**

Make checks payable to NJSIAA. Be sure your school's name appears on the check. DO NOT SEND CASH. A self-addressed envelope must accompany vouchers that need to be returned.

Public and Non-Public Schools mail fee (or purchase order), and this Entry Form to: NJSIAA

Cross Country Championships
1161 Route 130 North
P.O. Box 487
Robbinsville, NJ 08691

****NOTE:** Your Hy-Tek file containing your school's roster for your Girls or Boys or BOTH teams MUST be sent as an attachment to an e-mail to FRAULOTIMING@OPTONLINE.NET. Please make sure the message window of the e-mail identifies the contents of the attached file (for example: "The attached file contains Roxbury High School's GIRLS and boys rosters for the 2008 Cross-Country Tournament.")

CERTIFICATE OF INTENT

In the event an individual or team from our school should qualify for the State Championships by winning either a team or an individual medal in the State Group Championships, we, the undersigned, do hereby declare that our school's contestants will compete in the State Championships. Any individual or school withdrawing from the State Championship meet after having qualified will be subject to any penalties as enforced by the Executive Committee and barred from participation in the NJSIAA Cross-Country meets for one (1) year; i.e. Sectionals, State Group and State Championships, unless extraordinary circumstances caused withdrawal. (Rule 2, Section 17, in the 2008/09 NJSIAA Handbook.)

We also attest that our school has met or will have met all of the eligibility requirements outlined on page 1 of this document.

We also attest that all of the records of any students who will participate in the 2008 NJSIAA/The Star-Ledger Cross-Country Tournament have been reviewed and all are in compliance with NJSIAA eligibility regulations.

STAMPED SIGNATURES NOT ACCEPTABLE.

(Signature) PRINCIPAL

(Signature) COACH/CERTIFIED FACULTY MEMBER

(Signature) ATHLETIC DIRECTOR

DEADLINE: ENTRIES CLOSE: PUBLIC - October 22, 2008
NON-PUBLIC - October 29, 2008

2008 NJSIAA SPORTSMANSHIP Declaration Form

School: _____ Date: _____

The National Federation of High School Associations requires all sports officials to enforce the sportsmanship rules for coaches and contestants. Acts meant to demean opposing players, teams, spectators and officials are not in the highest ideals of interscholastic sport and will not be tolerated. Let this contest reflect mutual respect.

I hereby certify to the Referee and/or Meet Director that my contestants are legally equipped and in compliance with all uniform regulations (including the jewelry regulations) as per National Federation of High School Athletic Associations and the New Jersey State Interscholastic Athletic Association. I have also given all members of my team instructions in the area of sportsmanship and expected behavior at these meets.

I am aware that continued problems in these areas may lead to disciplinary action against me under the sportsmanship rules.

(Two signatures are required if the head coach of the Boys Team and the head coach of the Girls Team are different people.

BOYS Head Coach's signature: _____

GIRLS Head Coach's signature: _____

This form is valid for as long as your school is active in the NJSIAA/*The Star-Ledger* Cross-Country Championship Tournament (Sectionals – Group Meet – State Championships for Public; Group Meet and State Championships for Non-Public).

The form must be returned with your entry form in order to participate in the tournament.

Mail To NJSIAA Cross-Country Tournament
1161 Route 130 North
P.O. Box 487
Robbinsville, NJ 08691-0487

2008- School Code assignments for Hy-Tek Rosters for Cross-Country and Track (Indoor and Outdoor)

No.	School
441	Absegami, Absecon
521	Acad. of St. Eliz., Conv. Sta.**
511	Academy o/t Holy Angels, Dem.**
5228	Al-Ghazaly
321	Allentown
211	Arts, Newark
322	Asbury Park
442	Atlantic City
421	Audubon
4231	Barnegat
241	Barringer, Newark
522	Bayley Ellard, Madison
141	Bayonne
111	Becton Reg., Henry P.
242	Belleville
212	Belvidere
530	Benedictine Academy
512	Bergen Catholic, Oradell*
131	Bergen Co V/T, Hackensack
132	Bergenfield
311	Bernards, Bernardsville
611	Bishop Ahr, Edison
612	Bishop Eustace Prep, Pennsauken
243	Bloomfield
112	Bogota
213	Boonton
411	Bordentown Reg.
312	Bound Brook
214	Brearley, David, Kennelworth
431	Brick Memorial
443	Brick Township
422	Bridgeton
341	Bridgewater-Raritan
423	Buena Reg.
413	Burlington City
424	Burlington Co. Inst. Tech, Medford
425	Burlington Co.Inst.Tech,Westampton
414	Burlington Township
215	Butler
221	Caldwell, James,
432	Camden
420	Camden Academy Charter
613	Camden Catholic, Cherry Hill
426	Camden Co V/T, Pennsauken
433	Camden Co V/T, Sicklerville
415	Cape May Co. V/T
629	Cardinal McCarrick, South Amboy
5231	Caritas
323	Carteret
216	Cedar Grove
434	Central Reg., Bayville
222	Central, Newark

No.	School
5240	Chad
223	Chatham
444	Cherokee, Marlton
445	Cherry Hill East
446	Cherry Hill West
614	Christian Bros. Acad., Lincroft*
427	Cinnaminson
224	Clark, Abraham, Roselle
416	Clayton
435	Clearview Reg., Mullica Hill
133	Cliffside Park
142	Clifton
428	Collingswood
331	Colonia
313	Colts Neck
244	Columbia, Maplewood
231	Cranford
3122	CREATE Charter
113	Cresskill
436	Cumberland Reg., Seabrook
217	Dayton Reg., Jonathan
324	Delaware Valley Reg.
513	Delbarton, Morristown*
429	Delran
437	Delsea Reg., Franklinville
514	DePaul Diocesan, Wayne
4210	Deptford Township
143	Dickinson, William L., J.C.
515	Don Bosco Prep, Ramsey*
226	Dover
121	Dumont
314	Dunellen
523	Dwight Englewood
342	East Brunswick
232	East Orange
245	East Side, Newark
524	Eastern Christian
447	Eastern, Voorhees
144	Eastside, Paterson
343	Edison
438	Egg Harbor Twp.
246	Elizabeth
123	Elmwood Park Memorial
114	Emerson Jr.-Sr., Emerson
134	Emerson, Union City
517	Essex Catholic Boys*
218	Essex Co V/T, Bloomfield
227	Essex Co V/T, Market St., Newark
228	Essex Co V/T, N.13th St., Newark
332	Ewing, Trenton
145	Fair Lawn
146	Ferris, Jersey City

No.	School
417	Florence Township Memorial
135	Fort Lee
333	Franklin, Somerset
325	Freehold Borough
344	Freehold Township
136	Garfield
4211	Gateway Reg.
5230	Gill St. Bernard
418	Glassboro
219	Glen Ridge
115	Glen Rock Senior
615	Gloucester Catholic
4212	Gloucester City Jr. - Sr.
4150	Gloucester Co. Institute of Tech.
229	Gov. Livingston Reg., Berk. Hgts.
147	Hackensack
2210	Hackettstown
4213	Haddon Heights
419	Haddon Township, Westmont
4110	Haddonfield Memorial
345	Hamilton East (Steinert)
334	Hamilton North (Nottingham)
335	Hamilton West, Trenton
4214	Hammonton
2211	Hanover Park, East Hanover
124	Harrison
116	Hasbrouck Heights
125	Hawthorne
525	Hawthorne Christian Academy
137	High Point Reg., Sussex
315	Highland Park
449	Highland Reg., Blackwood
336	Hightstown
346	Hillsborough, Belle Mead
2212	Hillside
138	Hoboken
326	Holmdel
616	Holy Cross, Delran
518	Holy Family Academy**
617	Holy Spirit, Absecon
126	Hopatcong
327	Hopewell Valley Central,
347	Howell, Farmingdale
519	Hudson Catholic, Jersey City*
118	Hudson Co. High Tech, North Bergen
117	Hudson Co. Prep., Jersey City
316	Hudson Reg., Henry, Highlands
348	Hunterdon Central, Flemington
5110	Immaculata, Somerville
526	Immaculate Conception, Lodi**
527	Immaculate Conception, Montclair
5111	Immaculate Heart Acad**

No.	School
127	Indian Hills, Oakland
247	Irvington
2340	Jackson Liberty
4410	Jackson Memorial
2213	Jefferson Township, Oak Ridge
2214	Johnson Reg., Arthur L., Clark
317	Keansburg
148	Kearny
328	Kennedy Mem., John F., Iselin
149	Kennedy, John F., Paterson
528	Kent Place**
318	Keyport
4215	Kingsway Reg., Swedesboro
2110	Kinnelon
128	Kittatinny Reg., Newton
439	Lacey Twp, Lanoka Harbor
5227	Lacordaire
139	Lakeland Reg., Wanaque
4310	Lakewood
337	Lawrence, Lawrenceville
1310	Lenape Valley Reg., Stanhope
4411	Lenape, Medford
119	Leonia
1410	Lincoln, Jersey City
248	Linden
4131	Lindenwold
249	Livingston
129	Lodi
338	Long Branch
4311	Lower Cape May Reg.
1210	Lyndhurst
2111	Madison
1211	Mahwah
4312	Mainland Reg., Linwood
349	Manalapan, Englishtown
329	Manasquan
1212	Manchester Reg., Haledon
4216	Manchester Township
319	Manville
4111	Maple Shade
529	Marist, Bayonne
3410	Marlboro
6620	Marylawn of the Oranges
5210	Mary Help of Christians Acad.**
339	Matawan Reg., Aberdeen
621	Mater Dei, New Monmouth
1110	McNair Academic, Jersey City
1411	Memorial, WNY
3110	Metuchen
4313	Middle Twp., Cape May Ct. Hse
3111	Middlesex
3210	Middlesex Co V/T, E.Brunswick
3112	Middlesex Co V/T, Perth Amboy

No.	School
3113	Middlesex Co V/T, Piscataway
3114	Middlesex Co V/T, Woodbridge
3411	Middletown North
3310	Middletown South
1111	Midland Park
233	Millburn
4412	Millville Senior
3311	Monmouth Reg., Tinton Falls
3312	Monroe Township, Jamesburg
2410	Montclair
5211	Montclair Kimberly Acad., Mont.
3115	Montgomery, Skillman
234	Montville
4217	Moorestown
623	Moorestown Friends
5212	Morris Catholic, Denville
120	Morris Co. Vo-Tech
235	Morris Hills, Rockaway
2411	Morris Knolls, Rockaway
236	Morristown
5229	Morristown-Beard
122	Morrow, Dwight - Englewood
5112	Mother Seton Reg., Clark**
5113	Mount St. Dominic Acad.**
5114	Mount St. Mary Acad.**
2112	Mountain Lakes
618	Msgr. Donovan, Toms River
237	Mt. Olive, Flanders
3313	Neptune
3211	New Brunswick
4130	New Egypt
1112	New Milford
2113	New Providence
5213	Newark Academy
1213	Newton
1113	North Arlington
1412	North Bergen
3314	North Brunswick Township
3315	North Hunterdon, Annandale
3212	North Plainfield
2121	North Star Academy, Newark
2114	North Warren Reg., Blairstown
4218	Northern Burlington Reg.
1311	Northern Highlands Reg., AIncl.
1312	Northern Valley Reg. - Demarest
1313	Northern Valley Reg. - Old Tappan.
619	Notre Dame, Lawrenceville
238	Nutley
5214	Oak Knoll, Summit**
4314	Oakcrest, Mays Landing
4315	Ocean City
3316	Ocean Township, Oakhurst
3412	Old Bridge

No.	School
239	Orange
5215	Oratory Prep, Summit*
5216	Our Lady of Good Counsel
624	Our Lady of Mercy Acad**
4413	Overbrook Senior, Pine Hill
1114	Palisades Park Jr. - Sr.
4112	Palmyra
1413	Paramus
5115	Paramus Catholic
1115	Park Ridge
2310	Parsippany
2311	Parsippany Hills, Parsippany
1214	Pascack Hills, Montvale
1314	Pascack Valley, Hillsdale
1414	Passaic
1415	Passaic Co V/T, Wayne
1315	Passaic Valley Reg., L. Falls
5217	Paterson Catholic Reg.
6110	Paul VI, Haddonfield
4113	Paulsboro
4316	Pemberton Township
4114	Penns Grove, Carney's Point
4414	Pennsauken
4115	Pennsville
2215	Pequannock Township, Pmptn. Pls.
3413	Perth Amboy
2412	Phillipsburg
4317	Pinelands Reg., Tuckerton
5116	Pingry School, Martinsville
3414	Piscataway
4116	Pitman
2413	Plainfield
4219	Pleasantville
4117	Point Pleasant Beach
4220	Point Pleasant Boro
1215	Pompton Lakes
5117	Pope John XXIII, Sparta
3317	Princeton
5118	Queen of Peace Reg.
2216	Rahway
1316	Ramapo, Franklin Lakes
1216	Ramsey
4415	Rancocas Valley Reg.
2414	Randolph
5139	Ranney
3213	Raritan, Hazlet
630	Rav Teitz Mesivta Academy
6111	Red Bank Catholic
3318	Red Bank Reg., Little Silver
3214	Ridge, Basking Ridge
1116	Ridgefield Memorial
1217	Ridgefield Park Jr. - Sr.
1416	Ridgewood
1218	River Dell Regional, Oradell

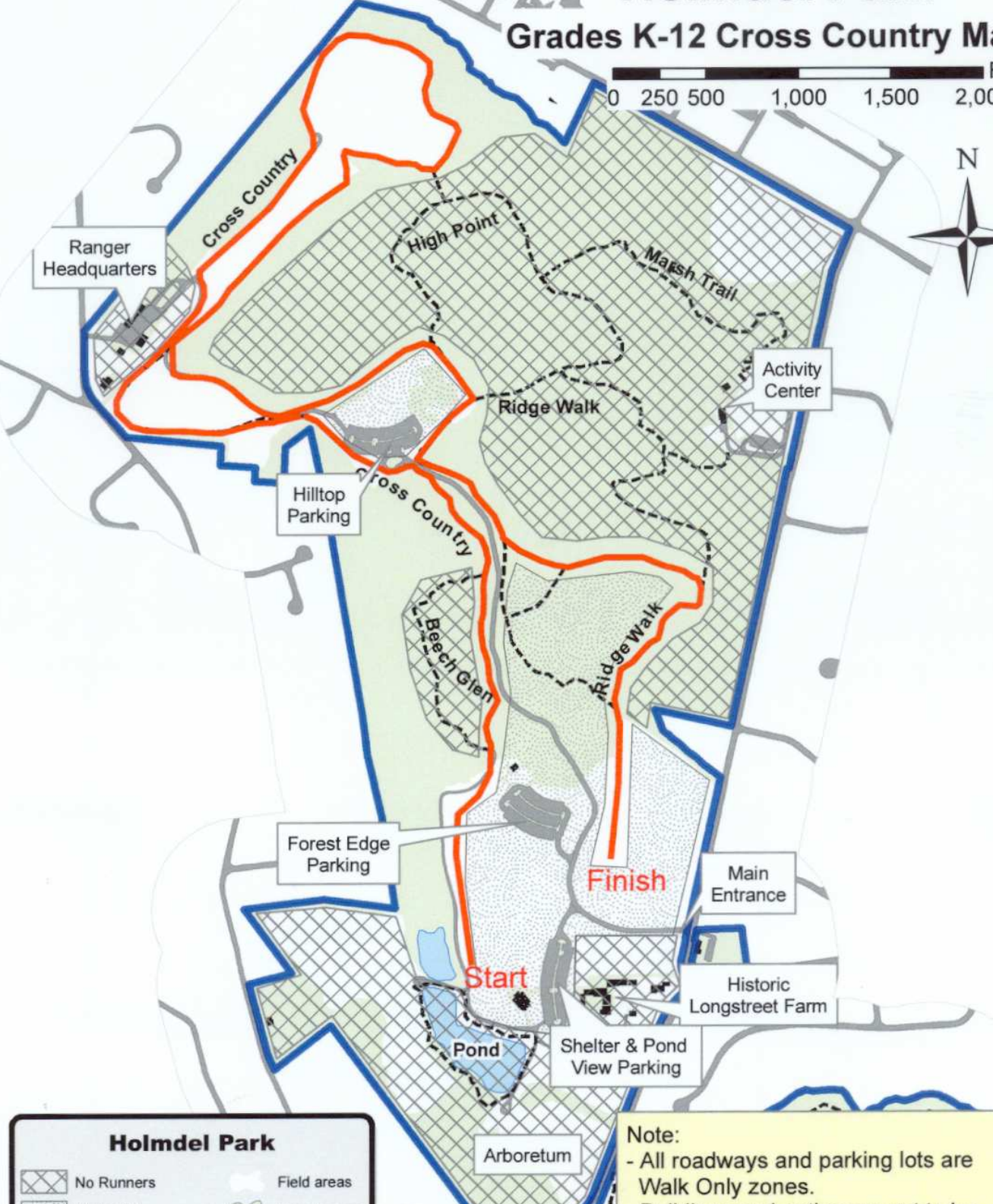
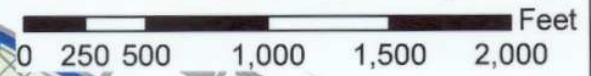
No.	School
4118	Riverside
3230	Robbinsville
5119	Roselle Catholic
2115	Roselle Park
2415	Roxbury, Succasunna
3215	Rumson Fair Haven Reg.,
1219	Rutherford
625	Sacred Heart, Vineland
1117	Saddle Brook
6234	Saddle River Day
5218	Saint Aloysius, Jersey City
5219	Saint Anthony, Jersey City
626	Saint Augustine Prep, Richland*
5121	Saint Dominic Acad., Jersey City**
6112	Saint John Vianney, Holmdel
5220	Saint Joseph of the Palisades
5122	Saint Joseph Reg., Montvale*
628	Saint Joseph, Hammonton
6113	Saint Joseph, Metuchen*
5221	Saint Mary of the Assumption, Eliz.
5222	Saint Mary's, Jersey City
5223	Saint Mary's, Rutherford
5224	Saint Patrick's, Elizabeth
5123	Saint Peter's Prep, Jersey City*
6210	Saint Peter's, New Brunswick
6211	Saint Rose, Belmar
4119	Salem
4120	Salem Co. V/T
3415	Sayreville War Memorial
4221	Schalick, Arthur P., Elmer
2116	Science, Newark
2312	Scotch Plains-Fanwood
2313	Scott, Clifford J., East Orange
1118	Secaucus
4240	Seneca
5120	Seton Hall Prep, West Orange*
2314	Shabazz, Malcolm X, Newark
4416	Shawnee, Medford

No.	School
3116	Shore Reg., West Long Branch
1317	Snyder, Jersey City
3117	Somerset Co. V/T
3216	Somerville
3118	South Amboy
3416	South Brunswick, Mon. Junct.
3119	South Hunterdon Reg., LmbtvL
3217	South Plainfield
3120	South River
4417	Southern Reg., Manahawkin
1318	Sparta
3121	Spotswood
4222	Sterling, Somerdale
3417	Stevens, J.P., Edison
2217	Summit
1220	Sussex Co V/T, Sparta
1417	Teaneck
2117	Technology, Newark
1319	Tenaflly
4323	Timber Creek
4418	Toms River East
4419	Toms River North
4318	Toms River South
622	Trenton Catholic Academy
3418	Trenton Central
5250	Timothy Christian
4420	Triton Reg., Runnemede
2416	Union
5124	Union Catholic Reg., Sco. Pls.
1418	Union Hill, Union City
230	University Academy Charter
2118	University, Newark
5232	Veritas
1419	Vernon Township
2119	Verona
5225	Villa Walsh Acad., Morristown**
4421	Vineland
3218	Voorhees, Glen Gardner

No.	School
1119	Waldwick
3319	Wall
1120	Wallington
1221	Walkkill Valley Reg., Hamburg
2315	Warren Hills Reg.
4422	Washington Township, Sewell
3320	Watchung Hills Reg., Warren
1320	Wayne Hills, Wayne
1420	Wayne Valley, Wayne
1121	Weehawken
2218	Weequahic, Newark
4319	West Deptford Twp., Westville
2219	West Essex, North Caldwell
1421	West Milford Township
2316	West Morris Central, Chester
2220	West Morris Mendham
2417	West Orange
2221	West Side, Newark
3330	West Windsor-Plainsboro NORTH
3420	West Windsor-Plainsboro, South
2317	Westfield
1222	Westwood Reg. Jr. - Sr.
2120	Whippany Park, Whippany
4121	Wildwood
6212	Wildwood Catholic
4320	Williamstown
4321	Willingboro
448	Winslow Township
3419	Woodbridge
4122	Woodbury
1223	Wood-Ridge
4322	Woodrow Wilson, Camden
4223	Woodstown

Holmdel Park

Grades K-12 Cross Country Map



Holmdel Park

No Runners	Field areas
Walk Only	Forest areas
Cross Country Route	Trail
Buildings	access road
Park Boundaries	

Note:

- All roadways and parking lots are Walk Only zones.
- Buildings and patios are not to be used for storage of equipment or warmup and/or practice areas.
- Running spikes are not to be worn on patios or in buildings.

