

# ***NYIT Cross Country Invitational***

***Saturday September 17, 2016***

***NYIT Old Westbury Campus, Old Westbury, NY***

**SITE:** New York Institute of Technology; Old Westbury Campus – Northern Boulevard; Old Westbury, NY 11568

**TIME SCHEDULE:** Women's 5K Race: 10:00am  
Men's 8K race: 10:45am

**ENTRY INFORMATION:**

Team/Roster Registration: Roster Procedure for entering your athletes.

- Visit [www.just-in-time-racing.com](http://www.just-in-time-racing.com)
- Need your Password: email – eltorotf@optonline.net
- Go to Cross Country page
- Go to: Roster
- Choose your Section
- Find your school
- Enter your gender
- Enter your password
- Press “login or the Enter Key
- Start entering your athletes
- Once you are finished entering your athletes Press: Save changes to roster (bottom of page)

On-Line Procedure for Declaring your Athletes with [www.just-in-time-racing.com](http://www.just-in-time-racing.com)

- Go to Cross Country page
- Go to: Roster
- Choose your Section
- Find your school
- Enter your gender
- Enter your password
- Press login or the Enter Key
- Choose Meet Entries (Top left corner)
- Start declaring your athletes (Seed times are not needed)
- Once you are finished declaring your athletes Press: Save changes to roster (bottom of page)

**Registration Deadline is Wednesday September 14, 2016.**

Entry Fee is \$150.00 per team / Men & Women separate \$150.00 fees. Please return the second page along with payment to:

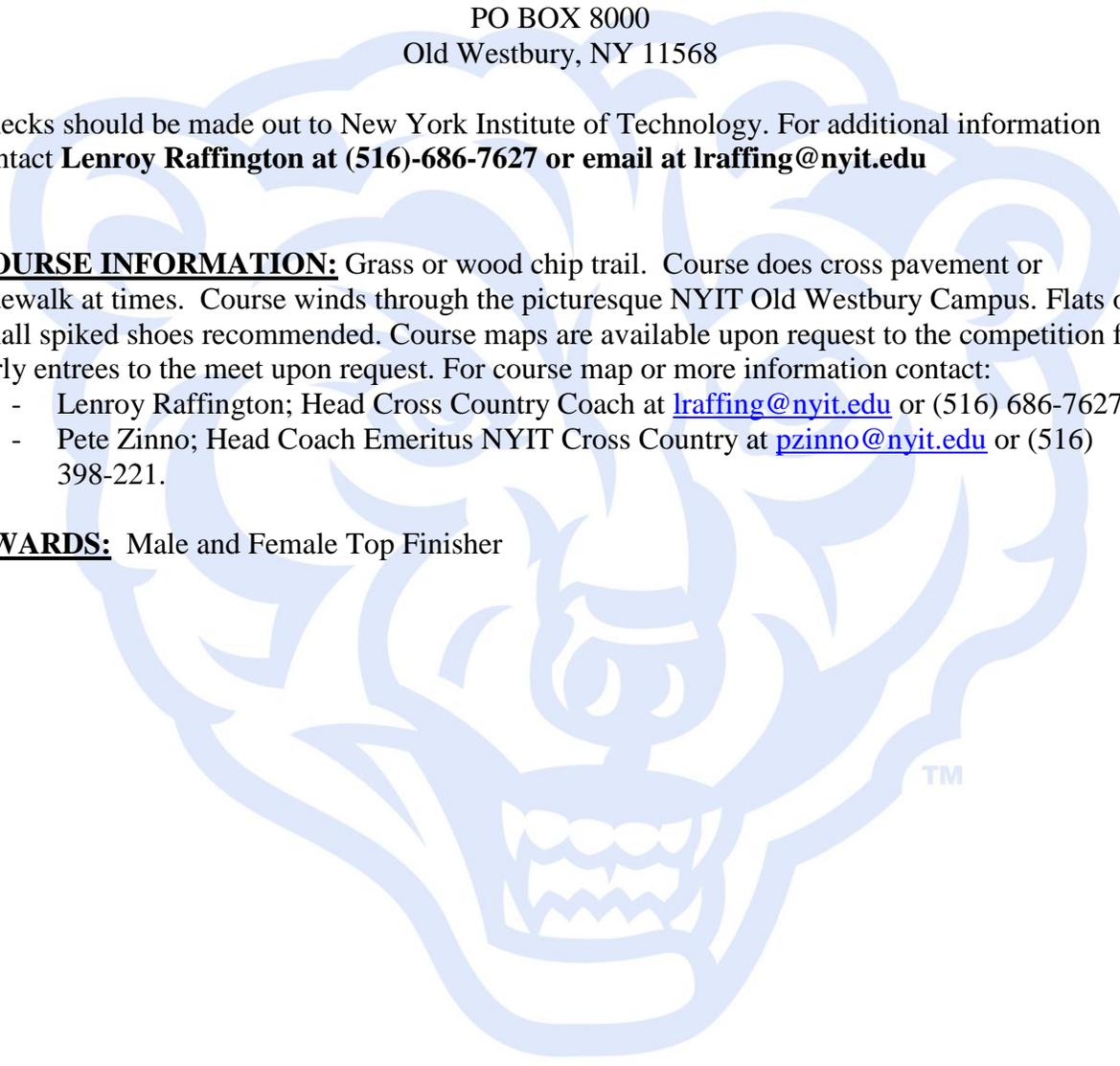
Lenroy Raffington  
Head Men's and Women's Cross Country Coach  
New York Institute of Technology – Department of Athletics  
PO BOX 8000  
Old Westbury, NY 11568

Checks should be made out to New York Institute of Technology. For additional information contact **Lenroy Raffington at (516)-686-7627 or email at [lraffing@nyit.edu](mailto:lraffing@nyit.edu)**

**COURSE INFORMATION:** Grass or wood chip trail. Course does cross pavement or sidewalk at times. Course winds through the picturesque NYIT Old Westbury Campus. Flats or small spiked shoes recommended. Course maps are available upon request to the competition for early entries to the meet upon request. For course map or more information contact:

- Lenroy Raffington; Head Cross Country Coach at [lraffing@nyit.edu](mailto:lraffing@nyit.edu) or (516) 686-7627
- Pete Zinno; Head Coach Emeritus NYIT Cross Country at [pzinno@nyit.edu](mailto:pzinno@nyit.edu) or (516) 398-221.

**AWARDS:** Male and Female Top Finisher



# NYIT Cross Country Invitational Entry Form

**Institution:** \_\_\_\_\_ **Head Coach's Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Head Coach's Phone:** \_\_\_\_\_

**City:** \_\_\_\_\_

**Men's Team  
Total Number of Runners:** \_\_\_\_\_

**Women's Team  
Total Number of Runners:** \_\_\_\_\_

**Total Entry Fee Included (\$150.00 per team):** \_\_\_\_\_

*This form and payment must be returned no later than Wednesday September 14, 2016 to:*

*Lenroy Raffington  
Head Men's and Women's Cross Country Coach  
New York Institute of Technology – Department of Athletics  
PO BOX 8000  
Old Westbury, NY 11568*

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