

BERGEN COUNTY CROSS-COUNTRY CHAMPIONSHIPS

Bergen County Group Meet
Saturday, October 23, 2010
Darlington County Park

Bergen County Meet of Champions
Saturday, October 30, 2010
Darlington County Park

Time Schedule:

10:00 Freshmen Boys C&D
10:10 J-V Boys C&D
10:30 Boys Group D
10:50 Boys Group C
11:10 Girls Group D
11:30 Girls Group C
11:45 J-V Girls All-Groups
12:10 Freshmen Girls
12:20 Girls Group B
12:40 Girls Group A
1:00 Boys Group B
1:20 Boys Group A
1:40 Freshmen Boys A&B
1:50 J-V Boys A&B

Time Schedule:

11:00 AM Girls Race
11:40 AM Boys Race

NEW GROUPS SEE BELOW

Awards: County Group Meet

Top Ten Individuals &
Top Three Teams per race

Meet of Champions

Top Twenty-five Individuals
Top Three Teams

IMPORTANT MEET INFORMATION

1. 7 runners in Varsity races and Unlimited entries in J-V and Freshmen races.
2. You **MUST run your TOP 7 RUNNERS** in the Varsity Race and your 8 -? in the J-V race. A freshman may run in the freshmen race, J-V race or Varsity race.
3. Entries Due: **October 13, 2010**
4. We are using the **Hy-Tek** program once again for the county meet. You have two ways of submitting your team rosters to Lou Fraulo by **October 13th**.

Mail your Hy-Tek disc to: Lou Fraulo
58 Broadale Road
Clifton, NJ 07013
973-777-6313

E-mail your roster as an **attachment** to: fraulotiming@optonline.net

***If you have done this for your League Meet, Passaic County Coaches or Maroon Invitational, you do not have to resubmit unless there are changes.

Questions Call: Tom Zaccone 201-529-8217

2010 BERGEN COUNTY CROSS-COUNTRY CHAMPIONSHIP MEET

School _____ Coach _____

School Phone _____ Coach's Phone _____

Boys Entry: Varsity Boys Team (7 runners) _____ X \$35.00 = _____

Varsity Individuals _____ X \$10.00 = _____

Junior Varsity Team (7 runners) _____ X \$35.00 = _____

Junior Varsity Individuals _____ X \$10.00 = _____

Freshmen Team (7 runners) _____ X \$35.00 = _____

Freshmen Individuals _____ X \$10.00 = _____

Total Boys Entry = _____

Girls Entry: Varsity Girls Team (7 runners) _____ X \$35.00 = _____

Varsity Individuals _____ X \$10.00 = _____

Junior Varsity Team (7 runners) _____ X \$35.00 = _____

Junior Varsity Individuals _____ X \$10.00 = _____

Freshmen Team (7 runners) _____ X \$35.00 = _____

Freshmen Individuals _____ X \$10.00 = _____

Total Girls Entry = _____

Total School Entry = _____

Make Checks Payable To: B.C.C.A.

Mail to: Tom Zaccone
143 McIntosh Drive
Mahwah, N.J. 07430

Entries Due: October 13, 2010

Principal's Signature: _____

Dear Athletic Director:

Each year the Department of Parks receives numerous requests from schools for field-use permits. Before a permit can be issued a Certificate of Insurance (for all schools) must be on file with the Parks office.

The Certificate is to show a **minimum** of \$1,000,000 per occurrence, \$2,000,000 aggregate General Liability and \$10,000/person Medical Expense **covering participants**. If athletic participants are excluded from the General Liability Policy, then we require **Student Accident Insurance** covering the athletic participants for a **minimum** of \$10,000/person. **THE COUNTY OF BERGEN AND ITS OFFICIALS, EMPLOYEES AND AGENTS** must be named as **ADDITIONAL INSURED** and **COUNTY OF BERGEN** shown as **CERTIFICATE HOLDER**.

(**Please note:** If the athletic participant is covered under the General Liability Medical Expense, it must state so on the certificate.)

Your insurance company (agent) must be told, through your Board of Education, of this requirement and the above underlined paragraphs. They will, at that time, send you the Certificate of Insurance.

Please make sure the term of the insurance (effective date to expiration date) falls within the dates you anticipate your school will be using the Bergen County Department of Parks facilities.

Once again, you must submit **both** general liability insurance **and** student accident insurance covering the athletes **for you and your opponents** before you can play on Bergen County fields.

Should you have any questions concerning this matter, please call me at (201) 336-7275

Sincerely,

Pat Tort
Coordinator of Scheduling

CROSS COUNTRY
2009 Bergen County Quartiling

Division A

Bergen Tech
Don Bosco
Ridgewood
Paramus
Hackensack
I.H.A
Bergen Catholic
Paramus Catholic
Fair Lawn
Teaneck
Old Tappan
Bergenfield
Ramapo

Division B

Demarest
No. Highlands
Cliffside Park
Holy Angels
Tenafly
Fort Lee
Pascack Valley
Englewood
Garfield
Indian Hills
River Dell
St. Josephs
Mahwah

Division C

Lyndhurst
Ramsey
Dumont
Ridgefield Park
Rutherford
Pascack Hills
Glen Rock
Emerson/Park-Ridge
Westwood
New Milford
Leonia
Ridgefield

Division D

Queen of Peace
Cresskill
Becton
Hasbrouck Heights
Saddle Brook
Dwight Englewood
Palisade Park
Waldwick
Immaculate Conception
Bogota
Midland Park
Saddle River Day

Advancement to Meet of Champions:

Top Two Teams per Race
Four Wild Card Teams
(Based on Total Team Time)

Top 10 Individuals
Up to 10 Wild Card Individuals