

THE 16th BOWDOIN PARK CROSS COUNTRY CLASSIC

Saturday, September 23, 2023 first race 10:00 am

Site of the NYS Federation Championship Meet &
NIKE Cross Nationals NY & NE Regional qualifiers

Bowdoin Park is a Dutchess County Park located on the banks of the beautiful Hudson River. This meet is being held on one of the premier cross country courses in NY and the Northeast. The Championship 5K course features a 600 meter starting area, wide trails, challenging hills and great viewing. The starting line can accommodate 300+ runners. The runners can be seen for a majority of their race. The race is run entirely on grass or trails. The freshmen race will be 3K.

Bowdoin Park (85 Sheafe Road, Wappingers Falls, NY) is located 10 miles south of Poughkeepsie, NY. It is 10 miles north of I-84, approximately 105 miles from Scranton PA, 85 miles from Albany NY, 40 miles from Danbury CT and 75 miles from NYC.

SANCTIONING

The meet is open to all schools in New York (inc. NYC PSAL & NY CHSAA) Connecticut, Maine, Massachusetts, New Jersey, New Hampshire, Pennsylvania, Rhode Island & Vermont. All necessary sanctions have been applied for.

RULES

National Federation of State High Schools Association (NFHS) rules apply.
Watches are permitted to be worn.

TEAM RACES

We will have two varsity boys and two varsity girl's races as well as two JV boys & one or two JV girl's races. In order to enter the JV race, you must enter & run a Varsity team. Races will begin at 10:00 am and go off every 30 minutes. Varsity races (5K) will be followed by JV races (5K). The Freshmen races (3K) will follow the JV races.
All races will be equally seeded.

AWARDS

Individual awards will be given to the first 25 runners in each race.
(Medals only in the Freshmen races. No team scoring in the Freshmen races.)
Plaques will be awarded to the top 3 teams in each Varsity race
Tee shirts will be awarded to the 7 members & Coach of the winning team in each Varsity race.
Plaques will be awarded to the top 2 teams in each JV races

RACE SCHEDULE

10:00 am Varsity Girls I
10:30 am Varsity Boys I
11:00 am Varsity Girls II
11:30 am Varsity Boys II
12:00 pm JV Girls I
12:30 pm JV Boys I
1:00 pm JV Girls II
1:30 pm JV Boys II
2:00 pm Freshmen Girls
2:30 pm Freshmen Boys

*Should any of the Varsity II races not be necessary due to entries
the race schedule will be shifted forward*

*Should any of the JV II races not be necessary due to entries
the race schedule will be shifted forward*

PARKING

Spectator parking will be restricted to the area on the top of the hill near the park entrance. Only team busses and officials will be allowed to park at the bottom of the hill near the finish area. There is a handicapped parking area at the bottom of the hill near the finish area.

Meet Director

Ken Kraft home 845-471-9140 cell 845-235-6880 email craftedkup@verizon.net

Questions

Michael Latino cell 845-235-6339 email mrl5482@aol.com

LINKS

Bowdoin Park

[Public Works - Parks: Bowdoin Park](#)

[Hotels](#)

[Dutchess County Tourism - Heart of the New York Hudson River Valley](#)

ENTRY

The 16th Annual Bowdoin Park Cross Country Classic will be using <http://www.milesplit.com> for all entries.

STEP 1. Go to <http://www.milesplit.com> click on Calendar; scroll down to September 23, 2023. Click on online entry under Bowdoin XC Classic and enter your athletes.

STEP 2. After you have submitted the roster of athletes on www.milesplit.com, **print** and **complete the official payment form** (below) and enclose it with your payment or voucher payable to **DCTOCA** and send to Ken Kraft, DCTOCA Treasurer (address below).

**DO NOT MAKE ANY PAYMENT TO MILESPLIT.COM.
USE THE OFFICIAL ENTRY FORM BELOW!!!**

STEP 3. Make sure you have entered the: School Name, the teams entered (Varsity, boys &/or girls, JV, the number of runners, boy &/or girl and Freshmen, the number of runners, boy &/or girl). **This information MUST be entered on the Official Entry Form below.**

OUT-OF-STATE Schools MUST submit their online entry no later than 3:00 pm EDT Thursday, August 31, 2023. In order for this meet to be properly sanctioned, the out-of-state team names must be submitted to NFHS 20 days prior to the meet.

If any out-of-state school enters in the meet after the August 31, 2023 deadline, they will be subject to an additional \$50 late fee; **which is the fee NFHS charges us for a late out of state entry.**

NY STATE Schools online entry deadline is Thursday, September 14, 2023.

Race assignments will be posted at www.dctoca.org on Wednesday, September 20, 2023.

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**ENTRY FEE**

|                   |          |                                                                |
|-------------------|----------|----------------------------------------------------------------|
| Each Varsity team | \$60.00  | only one boys and one girls team per school                    |
| Each JV team*     | \$60.00* | unlimited teams allowed (maximum of 7 runners each team*)      |
| Each Frosh team   | \$60.00  | unlimited (minimum fee \$50 add \$10 per runner after first 7) |

\***JV ONLY** – up to 4 additional JV runners may be entered beyond the max. of 7 to a JV team. The fee for those additional runners is \$10.00 for each runner entered. (12 runners equal a second JV team).

\*Additional JV teams cost \$60.00 per team.

\*Once an additional JV team is submitted you have incurred the \$60.00 additional charge.

***\*\*\*Please note you are paying for the number of athlete's names entered not the number of runners you bring on race day!!!***

**The DCTOCA Tax ID # 14-1578589**

Send the completed payment form and payment to:

**Ken Kraft, DCTOCA Treasurer  
240 Hudson View Terrace  
Hyde Park, New York, 12538-3544**

**\*\*\*\*\* The above is a new address for sending payment & the entry form\*\*\*\*\***

THE 16<sup>th</sup> ANNUAL BOWDOIN PARK CROSS COUNTRY CLASSIC  
Saturday, September 23, 2023

**OFFICIAL ENTRY FORM**

This form must be received on or before Tuesday, September 19, 2023.

Please enclose payment or school voucher made out to "**DCTOCA**"

School \_\_\_\_\_

School Address \_\_\_\_\_

Boys Coach \_\_\_\_\_ Girls Coach \_\_\_\_\_

Boys Coach email \_\_\_\_\_ Girls Coach email \_\_\_\_\_

Boys Coach Cell Phone \_\_\_\_\_ Girls Coach Cell Phone \_\_\_\_\_

|   |                              |                           |                |           |
|---|------------------------------|---------------------------|----------------|-----------|
| 1 | <b>Varsity Boys team</b>     | <b>one 7-runner team</b>  | <b>\$60.00</b> | \$        |
| 2 | <b>Varsity Girls team</b>    | <b>one 7-runner team</b>  | <b>\$60.00</b> | \$        |
| 3 | <b>JV Boys</b>               | <b>each 7-runner team</b> | <b>\$60.00</b> | \$        |
|   | Additional JV boys           | #                         | @ 10.00/ea     | \$        |
| 4 | <b>JV Girls</b>              | <b>each 7-runner team</b> | <b>\$60.00</b> | \$        |
|   | Additional JV girls          | #                         | @ 10.00/ea     | \$        |
| 5 | <b>Freshman Boys</b>         | <b>Minimum entry</b>      | <b>\$60.00</b> | \$        |
|   | Additional Frosh Boys        | #                         | \$10.00        | \$        |
|   | Additional Frosh boys teams  | #                         | \$60.00        | \$        |
| 6 | <b>Freshman Girls</b>        | <b>Minimum entry</b>      | <b>\$60.00</b> | \$        |
|   | Additional Frosh Girls       | #                         | \$10.00        | \$        |
|   | Additional Frosh girls teams | #                         | \$60.00        | \$        |
|   |                              |                           | <b>Total</b>   | <b>\$</b> |

Checks should be made payable to: **DCTOCA**

DCTOCA Tax ID # 14-1578589

**Return this form with entry fee, voucher or claim form before September 19, 2023 to:**

**Ken Kraft, DCTOCA Treasurer**

**240 Hudson View Terrace**

**Hyde Park, NY 12538-3544**

Or email it to: [craftedkup@verizon.net](mailto:craftedkup@verizon.net)

\*\*\*\*\* The above is a **new address** for sending payment & the entry form\*\*\*\*\*