



# Staten Island High School Track & Field Association

PRESIDENT: Chris Mancusi      VICE-PRESIDENT: Jim Hughes  
TREASURER: Patricia Mulligan      SECRETARY: Jo-Anne Kopycinski  
WEBSITE: [www.sihstfa.org](http://www.sihstfa.org)      TWITTER: @sihstfa

## FRESHMEN ISLAND CHAMPS - Tues Nov 6, 2018

3:45 PM	Frosh BOYS "A"	Top 30 medal	Trophies to the Top 3 teams
3:55 PM	Frosh GIRLS "A"	Top 30 medal	Trophies to the Top 3 teams
4:05 PM	Frosh BOYS "B"	Top 15 medal	No Team Score
4:15 PM	Frosh GIRLS "B"	Top 15 medal	No Team Score

\* You must run your Top 7 BEST runners in the "A" Race \*

\* The remaining runners will run in the "B" Race \*

**\* We will be using automated timing – Make sure all freshmen are on your roster.**

## 65th Annual Varsity Boys & 43rd Annual Varsity Girls - Mon 11/19 & Tues 11/20 and Junior Varsity Champs

### Mon Nov 19th

3:45 PM	J.V. BOYS Race	Top 30 medal	Trophies to the Top 3 teams
4:10 PM	J.V. GIRLS Race	Top 30 medal	Trophies to the Top 3 teams

### Tues Nov 20th

3:45 PM	Varsity BOYS Race	Top 30 medal	Trophies to the Top 3 teams
4:10 PM	Varsity GIRLS Race	Top 30 medal	Trophies to the Top 3 teams

\* You must run you Top 7 BEST runners in the Varsity Race \*

\*The remaining runners will run in the J.V. Race \*

**\* We will use automated timing, Runners will get numbers \***

## COMMUNICATIONS

We will be using twitter as our mass text messaging service. This is how last minute changes will be made. Send a text message to "40404", and type "follow sihstfa" - No quotes....

## ROSTER DEADLINE – Nov 1, 2018

We are doing everything for XC on **Milesplit** - which will make things alot easier for us.

### Directions:

Click the **Frosh Islands** on milesplit, enter the meet and fill out any contact info it requires.

Add any athletes that aren't already listed on your milesplit roster - Rare since milesplit automatically adds kids as meet results are posted.

Next, all you need to do is click to enter each boy or girl in the Frosh meet - no need to declare whether they'll be running the "A" or "B" races.

By entering them in the race, they will get a bar coded label.

For the **JV/Varsity Islands**, (held on 2 different days)

Add any athletes that aren't already listed on your milesplit roster - Rare since milesplit automatically adds kids as meet results are posted.

Same format, just click each kid that will run one of the two races. If you intend to race freshmen in the Varsity or JV race, enter them too.

No need to declare who is your Varsity/JV as things may happen race day.

**ALL meets MUST be entered by 11/1/17** as this was the announced roster deadline.

## LEAGUE FEES

Any team that hasn't paid at least 1/3 of the annual league fee will not be allowed to compete during XC.

**XC Coaches All-Star Meeting & Indoor Prep - Tues Nov 20, 2018**

The meeting will take place at 5:30 PM at the Roadhouse

First & Second team all-star teams will be voted on by the coaches. We will also award a senior scholar athlete - 1 boy and 1 girl. Boys = 54th All-Star Team, Girls =42nd All-Star Team

**XC DINNER - Thurs Dec 6, 2018 @ Hilton Garden Inn**

Each ticket for any athlete, parent or coach is \$55.00. Each team must submit 1 check for all tickets for their team by Dec 1st to Patricia Mulligan. No ticket money will be accepted after the deadline. Patricia will give the coach the tickets for all paid athletes upon receipt of a check. Her address is 723 Stafford Ave, S.I., N.Y. 10309 and her cell phone is 917-476-1467

**TICKET DEADLINE - Dec 1, 2018**

