

South Jersey Track Coaches Association

2008 South Jersey Cross-Country Championships

NEW TIME -----NEW FORMAT

Date: Saturday, October 11, 2008

Time 9:30- Middle School
10:40- First Varsity Race

Entries must be postmarked by October 4, 2008

Site: Delsea Regional High School

NOTE: Spikes of 1/8" or less are permitted, BUT **NOT recommended**. 600+ meters on paved paths.

Groups: There will be four (4) groups in the boys' and girls' varsity races. (5000m)
There will be two (2) sub-varsity divisions for both boys and girls (5000m)
Freshmen will run in an open format (3200m)
Middle Schools will run in an open format (2500)

Groups are based on enrollment (Official NJSIAA 2008/2009 Group Classification figures):

Sub varsity will run in two groups (1&2) and (3&4)

RACE INFO Packets of information may be picked up at the registration table that is located near the finish line..
Maps of the course are included with this mailing and will also be included in your packets.

- AWARDS**
1. Team Trophy for top team in each Varsity race
 2. Team award for seven (7) runners of first three (3) varsity teams in each race
 3. Individual awards (TROPHIES) for the first three (3) runners in EACH VARSITY RACE
 4. Medals for individuals placing 4th through 40th in EACH VARSITY RACE.
 5. Award to the fastest boy and girl runner of the meet.
 6. Team award for the fastest overall time both boys and girls
 7. Team trophy for 1st place team in each Sub varsity, Frosh and Middle School race
 8. Individual trophy to the winner of each sub varsity and frosh race
 10. Medals for individuals placing 2nd through 50th in each subvarsity and frosh race.
 11. Individual trophies for top 3 runners in each middle school race
 12. Medals for individuals placing 4th through 50th in each middle school race

TIME SCHEDULE

9:30 am	Middle School – Boys	12:00 pm	Frosh Boys
9:45 am	Middle School - Girls	12:15 pm	Frosh Girls
10:00 am	Group 3/4 Sub-Var Boys	12:30 pm	Group 1/2 Sub-Var Boys
10:20 am	Group 3/4 Sub-Var Girls	12:50 pm	Group 1/2 Sub-Var Girls
10:40 am	Group 4 Varsity Boys	1:10 pm	Group 2 Varsity Boys
11:00 am	Group 3 Varsity Boys	1:30 pm	Group 1 Varsity Boys
11:20 am	Group 4 Varsity Girls	1:50 pm	Group 2 Varsity Girls
11:40 am	Group 3 Varsity Girls	2:10 pm	Group 1 Varsity Girls