



South Jersey XC Shootout

"Not your ordinary XC race"



DATE: Saturday, Sept. 14, 2019
LOCATION: Gloucester County DREAM Park, Logan Twp**
 Site of the 2018 NCAA DIII Atlantic Region XC Championships
Meet Website: www.sjxcshootout.com

****ONLINE ENTRY ONLY****

You do not need to declare what races Varsity athletes will compete in.

The 3,4 race is back this year!

Unique race format: Rather than a team running in one race, we will be running 3 races for boys and girls. The 1st race will be for a team's 5th, 6th & 7th runners. The 2nd race will be for a team's 3rd & 4th runners. The final race is the "Stud" race for the team's 1st & 2nd runners.

Great, spectator friendly course on grass trails over rolling hills.

Music, great awards and a great time. Custom Cow Bells given to all teams to cheer on the competitors.

Awards will take place at the hay bales.

Awards: **High School - Watches** to the top team (7 runners) for both boys & girls. Plaques to the top 3 teams. **Watches** to the top 3 individuals (boys & girls) in the "Stud" race. **Medals** to the top 35 in each race, except "Stud" race (watches for 1st-3rd, medals for 4th-25th).
Middle School: Medals to the top 25 in each race. Plaque to top team boys & girls (min. 5 runners)

Meet Records:	Miles Schoedler	Ocean City HS	15:40.0	2010
	Isabella Turner	Shawnee HS	17:52.89	2019

Time:	Middle School Girls	1.72 miles	8:30 am
	Middle School Boys	1.72 miles	8:45 am
	Frosh Girls	2.50 miles	9:00 am
	Frosh Boys	2.50 miles	9:20 am
	JV Girls	3.1 miles	9:40 am
	JV Boys	3.1 miles	10:00 am
	5, 6, 7 runners Girls	3.1 miles	10:30 am
	5, 6, 7 runners Boys	3.1 miles	11:00 am
	3, 4 runners Girls	3.1miles	11:30 am
	3,4 runners Boys	3.1 miles	12:00 pm
	1, 2 runners Girls (Stud Race)	3.1miles	12:30 pm
	1, 2 runners Boys (Stud Race)	3.1 miles	1:00 pm

Team Scoring: The High School team score will be based on lowest score from the 3 races. The places from the 2 runners in the Stud race, the 2 runners in the 3rd & 4th runner race and the place of the best finisher from the 5th, 6th & 7th runner race will be used to calculate the team score. Under this format, the lowest score a team can achieve is 7 (1st & 2nd in the stud race, 1st & 2nd in the 3, 4 race, and 1st in the 5, 6, 7 race)

This truly makes the meet a Cross Country Shootout.

***If a team has less than 5 runners, you can enter your runners in the race that best fits their ability. For example, a school with 2 runners does not necessarily have to enter them in the stud race.**

Entries: **Varsity (up to 7 runners):** \$70 per team (boys)/\$70 per team (girls)
 Varsity Individual entries: \$9 per runner
 JV race: (unlimited entries) \$9 per runner
 Frosh Race: (unlimited entries) \$9 per runner
 Middle School Individual entries: \$5 per runner (MAX \$80) per gender

Deadline: All online entries must be submitted by Wed., Sept. 11, 2019 at 11:59am. **NO EXCEPTIONS.**
 All teams must register using online entry through nj.milesplit.com
 Make checks payable to: TUFFGANGRUNNING
 Mail Checks & Entry Forms to: Ringo Adamson, Meet Director
 112 Nursery Drive
 Glassboro, NJ 08028

Questions: Contact Ringo Adamson (856) 904-3543 or e-mail: adamson@rowan.edu

2019
South Jersey Cross Country Shootout
Entry Form

School: _____

Coaches e-mail address: _____ Cell Phone: _____

Make Checks Payable to: Tuffgangrunning

Varsity Boys Team	_____	x	\$70.00	=	_____
Varsity Girls Team	_____	x	\$70.00	=	_____
Varsity Boys Individual Entry	_____	x	\$9.00/runner	=	_____
Varsity Girls Individual Entry	_____	x	\$9.00/runner	=	_____
JV Boys Individual Entry	_____	x	\$9.00/runner	=	_____
JV Girls Individual Entry	_____	x	\$9.00/runner	=	_____
Frosh Boys Individual Entry	_____	x	\$9.00/runner	=	_____
Frosh Girls Individual Entry	_____	x	\$9.00/runner	=	_____
Middle School Boys	_____	x	\$5.00/runner	=	_____ (Max \$80)
Middle School Girls	_____	x	\$5.00/runner	=	_____ (Max \$80)

TOTAL

All teams must use the online entry at nj.milesplit.com for rosters. You do not need to declare what races Varsity athletes will compete in.