



# South Jersey XC **Shootout**

*“Not your ordinary XC race”*



**DATE:** Saturday, Sept. 18, 2021  
**LOCATION:** Gloucester County DREAM Park, Logan Twp\*\*  
 Site of the 2020 SJ Sectional Meet  
**Meet Website:** [www.sjxcshootout.com](http://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 1<sup>st</sup> race will be for a team’s 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> runners. The 2<sup>nd</sup> race will be for a team’s 3<sup>rd</sup> & 4<sup>th</sup> runners. The final race is the “Stud” race for the team’s 1<sup>st</sup> & 2<sup>nd</sup> 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 1<sup>st</sup>-3<sup>rd</sup>, medals for 4<sup>th</sup>-25<sup>th</sup>).  
**Middle School: Medals** to the top 25 in each race. Plaque to top team boys & girls (min. 5 runners)

<b>Meet Records:</b>	<b>Miles Schoedler</b>	<b>Ocean City HS</b>	<b>15:40.0</b>	<b>2010</b>
	<b>Isabella Turner</b>	<b>Shawnee HS</b>	<b>17:52.89</b>	<b>2021</b>

<b>Time:</b>	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 ( <b>Stud Race</b> )	3.1miles	12:30 pm
	1, 2 runners Boys ( <b>Stud Race</b> )	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 3<sup>rd</sup> & 4<sup>th</sup> runner race and the place of the best finisher from the 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> runner race will be used to calculate the team score. Under this format, the lowest score a team can achieve is 7 (1<sup>st</sup> & 2<sup>nd</sup> in the stud race, 1<sup>st</sup> & 2<sup>nd</sup> in the 3, 4 race, and 1<sup>st</sup> 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):** \$75 per team (boys)/\$75 per team (girls)  
                          **Varsity Individual entries:** \$12 per runner  
                          **JV race:** (unlimited entries) \$12 per runner  
                          **Frosh Race:** (unlimited entries) \$12 per runner  
                          **Middle School Individual entries:** \$5 per runner (MAX \$100) per gender

**Deadline:**       All online entries must be submitted by Wed., Sept. 15, 2021 at 11:59am. **NO EXCEPTIONS.**  
All teams must register using online entry through [nj.milesplit.com](http://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: [tuffgangrunning@yahoo.com](mailto:tuffgangrunning@yahoo.com)

**2021**  
**South Jersey Cross Country Shootout**  
**Entry Form**

School: \_\_\_\_\_

Coaches e-mail address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Make Checks Payable to: **Tuffgangrunning**

Varsity Boys Team	_____	x	\$75.00	=	_____
Varsity Girls Team	_____	x	\$75.00	=	_____
Varsity Boys Individual Entry	_____	x	\$12.00/runner	=	_____
Varsity Girls Individual Entry	_____	x	\$12.00/runner	=	_____
JV Boys Individual Entry	_____	x	\$12.00/runner	=	_____
JV Girls Individual Entry	_____	x	\$12.00/runner	=	_____
Frosh Boys Individual Entry	_____	x	\$12.00/runner	=	_____
Frosh Girls Individual Entry	_____	x	\$12.00/runner	=	_____
Middle School Boys	_____	x	\$5.00/runner	=	_____ (Max \$100)
Middle School Girls	_____	x	\$5.00/runner	=	_____ (Max \$100)

TOTAL

All teams must use the online entry at [nj.milesplit.com](http://nj.milesplit.com) for rosters. You do not need to declare what races Varsity athletes will compete in.