

The 20th Annual
Roxbury Invitational XC Class Meet

Date: **Saturday September 12, 2015 (Rain or Shine)**

Site: Horseshoe Lake Park, 72 Eyland Ave, Succasunna, NJ

MileSplit Entry: **Tuesday September 8th (11:59 pm)**

Entry fee: \$8 per athlete (\$400 max)
THIS IS NOT A PARTICIPATION FEE

Insurance: Certificate of Insurance listing Roxbury Twp

COI & Payment **Friends of Roxbury XC**
184 Plant St
Ogdensburg NJ 07439-1025

Meet Director Brendan Donegan
Cell - 201 - 230 - 0682
email: bdonegan @roxbury.org

Distance: Frosh: 2.2 miles
Soph, JV, Future & Fastest 4 5k

Scoring: Top four finishers in each category make a team

Time	8:45 am	Roxbury Rec. XC 1 mile Challenge	
Schedule	9:00	Frosh Girls	9:25 Frosh Boys
	9:45	Future 4 - Girls	10:10 Future 4 Boys
	10:35	Fastest 4 - Girls	11:00 Fastest 4 Boys
	11:25	JV. Girls #	11:55 JV Boys #
	12:20	Soph. Girls #	12:45 Soph. Boys #

if less than 1000 individuals entered, Soph races will be dropped
awards will be combined with JV. Top Sophomore will receive
race winner plaque

Awards: Team Trophies for top 2 teams each division
Medals to the top 20 places
Outstanding Performers Male and Female

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**INSURANCE LIABILITY INFORMATION
CERTIFICATE OF INSURANCE**

Athletic Directors & Coaches:

The Roxbury Twp. Recreation Department requires that each School District attending the Roxbury XC Invitational submit proof of liability insurance.

Meet Information for Insurance Carriers

Roxbury Twp Recreation Department
and
Friends of Roxbury
Roxbury XC Invitational
72 Eyland Ave
Succasunna NJ 07876

Please have your COIs sent digitally to bdonegan@roxbury.org or
mailed to:

184 Plant St
Ogdensburg NJ 07439

Please DO NOT SEND THEM TO Roxbury Twp. Recreation Department.

Thank you,
Brendan Donegan
Meet Director

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Race Format

The course is wheeled 5k. Course maps will be made available when the new configuration is finalized.

Freshman	(only)	2.2miles
Sophomores	(only)	5 k #
JV	(Any grade)	5 k
Future 4	(# 5-8, Any Grade)	5 k
Fastest 4	(#1-4, Any Grade)	5 k

if fewer than 1000 athletes are entered in the meet, the sophomore race will be combined with the JV RACE.. All individual awards will be combined with the JV awards

Fastest and Future 4 teams are 4 runner teams that can be comprised of runners from any grade. Underclass athletes **are no longer restricted** from participating in the championship race. Individuals will be permitted in the Fastest and Future 4 races if a full team (4 runners) is not possible.

Teams are not obligated to run the Fastest 4 or Future 4, before entering other events. Meet management does not want to play entry police and believes coaches know what is best for their own programs.

All race team scoring will still be based on 4 team members. If there is a tie in the Championship race (Fastest 4), the team title will be broken by the highest placing runner in the Future 4 Race.

Awards - Teams -	Top 2 in each division
Individuals	Race winner plaque
	Top 20 in each division

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Directions

From Northeast Jersey:

Rt. 80 West to Exit 30 Howard Blvd.
At bottom of ramp turn left onto Howard Blvd.
Proceed on Howard Blvd to RT 46.
Turn left onto Rt. 46 east
Proceed on Rt. 46 E to first Traffic light. Turn right onto Hillside Ave.
Proceed on Hillside Ave to Rt.10. (2nd light)
Turn left onto Rt. 10 E. Proceed on Rt. 10 E to next light (Eyland Ave)
Turn Right onto Eyland Ave,
Horseshoe Lake Park is ½ mile from intersection on left

From Rt. 10 Corridor

Rt. 10 west to Eyland Ave. (1st light in Roxbury)
Take jug-handle and proceed across Rt. 10. on Eyland Ave
Horseshoe Lake Park is ½ mile from intersection on left

From Shore Area

GSP N to Rt. 78 W (Union toll Plaza)
Rt. 78 W to Rt. 24 W.
Rt 24 W to Rt 287 N
Rt 287 N to Rt 10 W.
Rt. 10 west to Eyland Ave. (1st light in Roxbury)
Take jug-handle and proceed across Rt. 10. on Eyland Ave
Horseshoe Lake Park is ½ mile from intersection on left

From Rt 15 Corridor

Rt 15 S to Berkshire Valley Rd (*New Orleans Steakhouse*)
Turn right onto Berkshire Valley Rd
Berkshire Valley Rd. to Rt 46 light.
Cross over Rt 46, Berkshire Valley Rd. turns into Kenvil Ave.
Proceed on Kenvil Ave to Main St.
Turn left onto Main St.
Make Right onto Eyland Ave
Proceed across Rt. 10. on Eyland Ave
Horseshoe Lake Park is ½ mile from intersection on left

If you need other directions Map Quest

ROXBURY PARKS & RECREATION DEPARTMENT
72 EYLAND AVENUE
SUCCASUNNA NJ 07876