

**2016 North Jersey Interscholastic Conference Cross Country Championship Meet**

Date: Monday, October 10th @ Garret Mountain Reservation

Inclement Weather Date will be Wednesday, October 12th

Meet Director: Stan Fryczynski (NJIC@ymail.com)

Upon Arrival, Coaches should report to the scoring trailer by the finish line to pick up meet materials. Your only entry requirement is that your roster is updated (if necessary) on NJ Milesplit one week prior to this meet.

A school **must** enter a full squad in the varsity division before entering any underclassmen race. This will be checked at the starting line by the clerk and enforced. **Teams not honoring their divisional varsity races will not be allowed to compete in the underclass races.**

**There will be 2 athletic trainers on duty at this meet. Schools are are requested to bring their AED's.**

**Time Schedule**

Meadowlands Division Boys - 2:30 PM

Patriot Division Girls - 2:40 pm

Colonial Division Boys - 3:00 PM

Meadowlands Division Girls - 3:10 PM

Patriot Division Boys - 3:30 PM

Colonial Division Girls - 3:40 PM

Freshman Boys / Freshman Girls - All Divisions - 2 Miles - 4:00pm -  *No Team Scoring (Separate Awards)*

JV Boys - All Divisions - 5K -- 4:15 PM - No Team Scoring

JV Girls - All Divisions - 5Ks - 4:30 PM - No Team Scoring

\*NJIC Championship Medals to the first 3 teams in each varsity division.

\*Individual NJIC Championship Medals to 1st-10th in each varsity division.

\*Individual medals to 1st-10th in the junior varsity and freshman divisions; NO team awards.

**NJIC Cross-Country Post-Season/ All-Division Selection meetings will be on Monday, October 17th / 6pm held at the following locations:** Colonial Division @Rutherford High School ; Meadowlands Division @ Secaucus High School; and Patriot Division @ Waldwick High School