



South Jersey XC
Shootout



“Not your ordinary XC race”

DATE: Saturday, Sept. 16, 2017
LOCATION: ****New Location at Rowan University’s West Campus Course at the South Jersey Technology Park****
Site of the 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.

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

Great, spectator friendly course

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 will be awarded to the top team (7 runners) for both boys & girls. Plaques will be awarded to the top 3 teams. Top 3 individuals (boys & girls) in the “Stud” race will receive **watches**. **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
	Alyssa Alridge	Mainland Regional	18:27.56	2016

Time:	Middle School Boys	1.5 miles	8:30 am
	Middle School Girls	1.5 miles	8:45 am
	Frosh Boys	2.39 miles	9:00 am
	Frosh Girls	2.39 miles	9:15 am
	JV Boys	3.1 miles	9:35 am
	JV Girls	3.1 miles	10:00 am
	4, 5, 6, 7 runners Boys	3.1 miles	10:15 am
	4, 5, 6, 7 runners Girls	3.1 miles	10:40 am
	1, 2, 3 runners Boys (Stud Race)	3.1 miles	11:05 am
	1, 2, 3 runners Girls (Stud Race)	3.1 miles	11:30 am
	College Women	6k	12:45 pm
College Men	8k	1:30 pm	

Team Scoring: The High School team score will be based on lowest score from the 2 races. The places from the 3 runners in the Stud race, and the top 2 finishers in the 4th, 5th, 6th & 7th runner race will be used to calculate the team score. Under this format, the lowest score a team can achieve is 9 (1-2-3 in the stud race) and 1-2 in the 4, 5, 6, 7 runner 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. 13, 2017 at 11:59am. **NO EXCEPTIONS.**

All teams must register using online entry through nj.milesplit.com

Teams entered will be posted on 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

**2017
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		

Signature of Principal or Athletic Director

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.