

# UNION COUNTY ATHLETIC CONFERENCE

Wayne T. Letwink Entry Form

Union County Athletic Directors + Cross Country Coaches ATHLETIC DIRECTORS: PLEASE SEE THAT YOUR CROSS COUNTRY COACHES GET THIS MATERIAL

From: Joseph Pisauro, Cross Country Chairperson

Re: 2021 Union County Conference Championship Meet.

**TO ENTER YOU MUST SUBMIT YOUR ROSTER ON NJ.MILESPLIT.COM: NJ Races MUST have this by Wednesday, OCTOBER 13, 2021. THIS IS THE SAME PROCESS AS THE STATE MEET. You CANNOT compete if your roster is not in. There will be NO CHANGES to the ROSTERS on RACE DAY.**

1. Date of Meet: Thursday, October 14, 2021 (Rain date: Friday, October 15, 2021).

2. Site of Meet: Oak Ridge Park, Clark

3. Race Schedule: 2:00 Varsity Boys Valley Division                      All Varsity Races 5K  
2:20 Varsity Boys Mountain Division  
2:40 Varsity Boys Watchung Division  
3:00 Varsity Girls Valley Division  
3:25 Varsity Girls Mountain Division  
3:50 Varsity Girls Watchung Division  
4:15 Junior Varsity Girls Race                      Junior varsity races 5K  
4:40 Junior Varsity Boys Race  
5:10 Freshmen Boys and Girls Combined Race (2.2 Miles)

(Teams should be ready for scheduled starting times. (Races will go off **EXACTLY ON TIME!!**)

Awards: A) Team Championships trophies to varsity divisional champion in Boys and Girls Races  
B) Medals to first Ten (10) finishers in each Boys Varsity Championship Race.  
C) Medals to first Ten (10) finishers in each Girls Varsity Championship Race  
D) Gold, Silver, and Bronze medals to the First, Second, and Third place Teams in Varsity races  
Three sets of Seven medals each for Mountain, Valley, and Watchung Divisions  
E) Medals to the first TEN boys and the First Ten girls in the Two Sub-Varsity Races

5. Scoring will be in the NORMAL manner. The Computer will score all races. Teams not FINISHING at least FIVE will NOT be ranked for scoring. There is no need to declare if you are running more or less than five. The computer will take care of scoring! **YOU MUST RUN YOUR BEST SEVEN RUNNERS IN THE VARSITY RACE BEFORE YOU CAN RUN OTHERS IN THE JUNIOR VARSITY. A FRESHMAN MAY RUN IN THE FRESHMEN, VARSITY OR JUNIOR VARSITY RACE IF YOU WISH!**

6, <u>VALLEY DIVISION BOYS</u>	<u>MOUNTAIN DIVISION BOYS</u>	<u>WATCHUNG DIVISION BOYS</u>
Hillside		
Jonathan Dayton	Cranford	Summit
Plainfield	Governor Livingston	Westfield
Linden	Elizabeth	Union Catholic
Roselle	New Providence	Scotch Plains Fanwood
Roselle Catholic	Rahway	Oratory
Arthur L Johnson		
Union		
<u>VALLEY DIVISION GIRLS</u>	<u>MOUNTAIN DIVISION GIRLS</u>	<u>WATCHUNG DIVISION GIRLS</u>
Rahway		
Arthur L Johnson	Cranford	Westfield
Elizabeth	Johnathon Dayton	Summit
Hillside	New Providence	Union Catholic
Linden	Oak Knoll	Scotch Plains Fanwood
Plainfield	Governor Livingston	Kent Place
Roselle		
Roselle Catholic		
Union		

Questions: Call Jack Martin, Meet Director at (908) 578-5173 email [JMarti5k@aol.com](mailto:JMarti5k@aol.com)