



**South Jersey XC**  
**Shootout**  
*"Not your ordinary XC race"*  
 Sponsored by Equitable Finance



**DATE:** Saturday, Sept. 17, 2022  
**LOCATION:** Gloucester County DREAM Park, Logan Twp\*\* Site of the SJ Sectional Meet  
**Meet Website:** [www.sjxcshootout.com](http://www.sjxcshootout.com)

**New format for 2022.**

**Bib Chips. Digital Jumbotron scoreboard. Spilt mats at mile markers. Spectacular opening ceremony. Live DJ.**

**Meet records:** Miles Schoedler Ocean City HS 15:40.0 2010  
 Isabella Turner Shawnee HS 17:52.89 2021

**Schedule:**

Middle School Girls	1.72 miles	8:30am
Middle School Boys	1.72 miles	8:45am
Green Race Short Course Girls	4k	9:00am (Any HS grade level can run)
Green Race Short Course Boys	4k	9:30am (Any HS grade level can run)
Herb Lorenz Gold Race-Championship Race Girls	5k	10:00am
Herb Lorenz Gold Race-Championship Race Boys	5k	10:30am
Red Race-Open Girls	5k	11:00am
Red Race-Open Boys	5k	11:30am

Championship Race Max. 10 entries per team. Clock will get turned off at 20 min for boys and 24 min for girls  
 Green Race Short Course: 4k Open to runners of all high school grade levels. This is not a freshman race. It is a short course race.

**Awards:** High School:

Championship race. Watches to top 3 individuals in Gold Race. Medals 4<sup>th</sup>-20<sup>th</sup>. Team award – plaques to top 3 teams. Watches to top team (7 runners).

Green Race & Red Race - Medals to top 20 finishers in each race.

Middle School - Medals to top 25 in each race. Plaque to top 3 teams (min. 5 runners)

**Entries:**

**High School: \$15 per person \$300 Max for entire team per gender.**

**You must declare what races each athlete is in.**

**Middle School Individual entries: \$10 per runner (MAX \$200) per gender**

**Deadline:**

Wed., Sept. 14, 2022 at 11:59pm. **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)

**2022**  
**South Jersey Cross Country Shootout**  
**Entry Form**

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

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

**Make Check Payable to Tuffgangrunning**

	<u># of Entries</u>		
High School Boys	_____	x \$15 =	_____ (\$300 Max)
High School Girls	_____	x \$15 =	_____ (\$300 Max)
Middle School Boys	_____	x \$10 =	_____ (\$200 Max)
Middle School Girls	_____	x \$10 =	_____ (\$200 Max)
<b>Total</b>			<b>\$_____</b>