

44th Annual South Hudson Cross Country Championship

Thursday - October 12, 2023
Stephen Gregg Park, Bayonne - 4:00 PM

Invited Schools:

- Bayonne
- Dickinson
- Ferris
- Harrison
- Hudson Catholic
- Kearny
- Lincoln
- McNair Academic
- Snyder
- St. Dominic Academy
- St. Peters Prep
- University Acad. Charter
- BelovED Charter

Entry Rules

1. Federation rules will govern this meet
2. Varsity - one team / seven runners max
3. Jr. Varsity – unlimited entry, non-scoring
4. Freshman – unlimited entry, non-scoring

Course

- Jr. Varsity & Varsity – HCTCA 5K
- Freshmen – HCTCA 3200m

It is the responsibility of every team to know the course prior to competition. There is no walk-through day of the meet. If you wish to have a walk through prior to meet, please contact one of the teams that practice at Bayonne Park.

Order

4:00 pm	Freshman (boys & girls combined)
4:20 pm	Varsity Girls
4:55 pm	Varsity Boys
5:30 pm	Jr. Varsity (boys & girls combined)

- There will be no race announcements. Teams should report to the start line 10 minutes prior to assigned start time and check-in with clerk to provide number of competitors.
- There are NO starting line assignments and positions are first come basis.

Deadline:

Monday – October 9, 2023

Entry:

Coaches need to go to the NJ Milesplit.com to update XC roster prior to deadline.

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ENTRY

Meet will not be run at a loss. While there are no minimum entries, please enter full team where possible.

School _____

Coach _____

Coach Email: _____

Coaches Phone _____

AD Signature _____

	Team	Ind.
Girls Varsity	_____	_____
Girls Jr. Varsity	_____	_____
Girls Freshmen	_____	_____
Boys Varsity	_____	_____
Boys Jr. Varsity	_____	_____
Boys Freshmen	_____	_____
Total Team / Ind.	_____	_____
	x \$90.00	x \$15.00
= Total Entry	\$ _____	\$ _____

Entry Deadline:

Monday – October 10, 2022

Timing / Meet Dir. – questions / concerns

Jim Rutzler, MCCATS

jrutzler2@gmail.com

Check Payable To

HCTCA

Schools with outstanding entry fees from prior school year not eligible to enter competition.

Mail Check To:

McNair Academic HS
123 Coles St.
Jersey City, NJ 07302
ATTN: MATT HOGAN