

43rd Annual South Hudson Cross Country Championship

Thursday - October 12, 2023

Stephen Gregg Park, Bayonne - 4:00 PM

Eligible Invited Schools:

Bayonne
Dickinson
Ferris
Harrison
Hudson Catholic

Kearny
Lincoln
McNair Academic
Snyder
St. Dominic Academy

St Peters Prep
University Academy
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](http://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 _____

Coaches Phone _____

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

Entry Deadline:

Monday – October 9, 2023

Timing / Meet Dir. Jim Rutzler, MCCATS / jrutzler2@gmail.com

Check Payable To: H C T C A

Schools who have outstanding entry fees from prior school year are not eligible to enter this competition.

Mail Check To:

John E. Nagel, 10 Cherry St., Jersey City, NJ