



Cross-Country Frosh/Soph City Championships:

November 1, 2025, at 9:00am

VAN CORTLANDT PARK

Coaches Meeting will be held at 9:00am

ORDER OF EVENTS

<u>Race</u>	<u>Time</u>
Freshman Boys	9:30 AM
Freshman Girls	9:50 AM
Sophomore Boys	10:10 AM
Sophomore Girls	10:40 AM

General Information:

- Freshmen will run 1.5 miles
- Sophomores will run 2.5 miles
- To be eligible to run in the team race, you must have a minimum of (5) athletes per gender
- To score as a team five athletes must finish. Incomplete teams may compete as individuals but will be displaced in the scoring.
- Runners will not be allowed on the starting line without an assigned PSAL ID number
- To gain credit for the meet, a school must have a minimum of five runners' finish. Coed programs must have five runners (any combination; 3 boys and 2 girls, 4 boys and 1 girl, etc.)

Award Information:

- Medals will be awarded to the top 35 finishers in each race; Team awards will be given to the top 3 teams