



Cross-Country Varsity & JV City Championships

November 8, 2025 at 9:00am

VAN CORTLANDT PARK

Coaches Meeting will be held at 8:30am

ORDER OF EVENTS

<u>Race</u>	<u>Time</u>
Boys Individual	9:00 AM
Girls Individual	9:30 AM
Boys Championship	10:00 AM
Girls Championship	10:30 AM
Boys Junior Varsity	11:00 AM
Girls Junior Varsity	11:30 PM

General Information:

- All races will be competed running 5k
- To be eligible to run in the team race (Varsity Race), you must have a minimum of (5) athletes. Additionally, the top 25% of teams participating in a borough championship automatically qualify for the team championship race. In addition, any team at the borough championship that runs a faster time than the slowest automatic qualifier from all borough championship teams races is also eligible to participate in the team championship race
- Teams that have more than (7) eligible athletes in the team race must run the additional students in the JV race
- 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:

- Individual: Medals will be awarded to the top 30 finishers
- Varsity: Medals will be awarded to the top 30 finishers; Plaques will be awarded to the top 4 teams
- Junior Varsity: Medals will be awarded to the top 25 finishers

Qualification for City Championships:

- The top 25% of teams participating in a borough championship automatically qualify for the team championship race. In addition, any team at the borough championship that runs a faster time than the slowest automatic qualifier from all borough championship teams races is also eligible to participate in the team championship race
- PSAL XC student-athletes (not competing in the team races) are eligible to compete in the individual races at the City Championships.
- Teams in the Championship and JV races will be assigned pole positions.