

2025 NWPA CROSS COUNTRY CHAMPIONSHIPS

PLEASANT RIDGE PARK, GIRARD, PA
FRIDAY OCTOBER 17, 2025

HOSTED BY GIRARD CROSS COUNTRY

RACE SCHEDULE (TIMES ARE APPROXIMATE. ROLLING SCHEDULE)

3:30PM VARSITY GIRLS 5K
4:10PM VARSITY BOYS 5K
4:50PM JUNIOR HIGH GIRLS 2 MILE
5:30PM JUNIOR HIGH BOYS 2 MILE

ENTRY FEES:

HIGH SCHOOL GIRLS (UNLIMITED)	\$100	
HIGH SCHOOL BOYS (UNLIMITED)	\$100	
**BOTH HS GIRLS AND BOYS TEAMS		\$175
JUNIOR HIGH GIRLS (UNLIMITED)	\$75	
JUNIOR HIGH BOYS (UNLIMITED)	\$75	
**BOTH JR HIGH GIRLS AND BOYS TEAMS		\$125
TEAMS WITH LESS THAN 5 RUNNERS:	\$15 PER RUNNER	

CHECKS PAYABLE TO: GIRARD XCTF BOOSTERS
MAIL TO: SCOTT RUSSELL, GIRARD HIGH SCHOOL
1135 LAKE STREET GIRARD PA 16417

REGISTRATION: PA.MILESPLIT.COM **DEADLINE:** WED. OCTOBER 15

CONTACT: SCOTT.RUSSELL@GIRARDSD.ORG / 814.464.3521

AWARDS:

TOP 25 FINISHER T-SHIRTS- IN EACH DIVISION

TEAM CHAMPION AWARD HOODIES FOR THE TOP TEAM (7) IN EACH DIVISION

TEAM SITES: TENTS MAY BE SET UP IN THE OUTFIELD GRASS OF THE BASEBALL FIELD CLOSEST TO THE PAVILION. SEE ATTACHED GROUNDS MAP

RESTROOMS: RESTROOMS ARE FOUND AT THE PAVILION OR AT THE PORTA JOHNS AT THE SOUTHEAST CORNER OF THE PARKING LOT- NEAR THE TEAM SITES.

CONCESSIONS: NO CONCESSIONS WILL BE OFFERED

TIMING: PROVIDED BY *THE RUNNER'S HIGH*.

COURSE:

MAPS ARE ATTACHED FOR BOTH THE 5K AND 2M COURSES. THE COURSE IS WELL-MARKED AND WILL HAVE A BIT OF EVERYTHING; UPHILL, DOWNHILL, GRAVEL, GRASS, WOODED TRAILS AND OPEN FIELD.

THERE ARE MINIMAL LOOPS-ESPECIALLY FOR THE 5K RACE, SO IF YOU PLAN ON WALKING THE COURSE PRIOR TO THE RACE, YOU WILL MOST LIKELY WANT TO ARRIVE WITH ENOUGH TIME TO WALK/RUN MOST OF THE ENTIRE 5K AND/OR 2M COURSE.

PLEASE CLICK ON THE FOLLOWING LINKS FOR AN INTERACTIVE MAP OF THE RACE COURSE:

[5K HIGH SCHOOL COURSE](#)

[2 MILE MIDDLE SCHOOL COURSE](#)

PARKING:

BUSSES:

BUSSES SHOULD DROP ATHLETES OFF AT THE FOOT OF THE PLEASANT RIDGE PARK ENTRANCE ON BARKER ROAD AND PROCEED TO ROUTE 20 VIA DAGGETT OR DOBLER ROAD. THEN HEAD WEST. HEAD TOWARD GIRARD AND PARK AT WESTWAY BOWLING LANES PARKING LOT. WESTWAY BOWLING LANES IS APPROXIMATELY 1 MILE FROM PLEASANT RIDGE PARK ON THE NORTH SIDE OF THE ROAD (ON RT.20) AND VERY CLOSE TO THE INTERSECTION OF DAGGETT AND RT.20.

IF OVERFLOW BUS PARKING IS NEEDED, BUSSES CAN CONTINUE ANOTHER MILE TOWARD GIRARD AND PARK AT ST. JOHNS PARISH CENTER AND CHURCH JUST PAST TACO BELL ON THE SOUTH SIDE OF THE ROAD.

WESTWAY LANES: 8674 W RIDGE RD, GIRARD, PA 16417
ST. JOHNS PARISH CENTER: 1001 MAIN ST E, GIRARD, PA 16417

CARS:

PARKING MAY BE AN ISSUE. PLEASE SEE THE ATTACHED GROUNDS MAP FOR PARKING AREAS. THE MAIN LOT WILL FILL UP QUICKLY. IF THE GROUND IS DRY, OVERFLOW PARKING IS ALONG BARKER ROAD AT THE FOOT OF PLEASANT RIDGE PARK OR ACROSS THE STREET IN THE GRASS. PLEASE ENSURE THAT CARS ARE NOT PARKED ON THE ROAD. IF SPECTATORS WOULD LIKE TO CARPOOL, THEY MAY PARK AT FAIRVIEW HIGH SCHOOL AND DRIVE APPROXIMATELY 3 MILES TO PLEASANT RIDGE FROM THERE.

PACKET PICK-UP:

PICK UP REGISTRATION PACKETS AT THE PAVILION

PAYMENT:

FOR THOSE WHO HAVE NOT YET PAID ENTRY FEES, CHECKS CAN BE HAND DELIVERED AT THE REGISTRATION TABLE WHEN YOU PICK UP YOUR PACKET.

COACHES MEETING:

THERE WILL BE A COACHES' MEETING AT THE FINISH LINE AT 3PM

BOX ASSIGNMENTS:

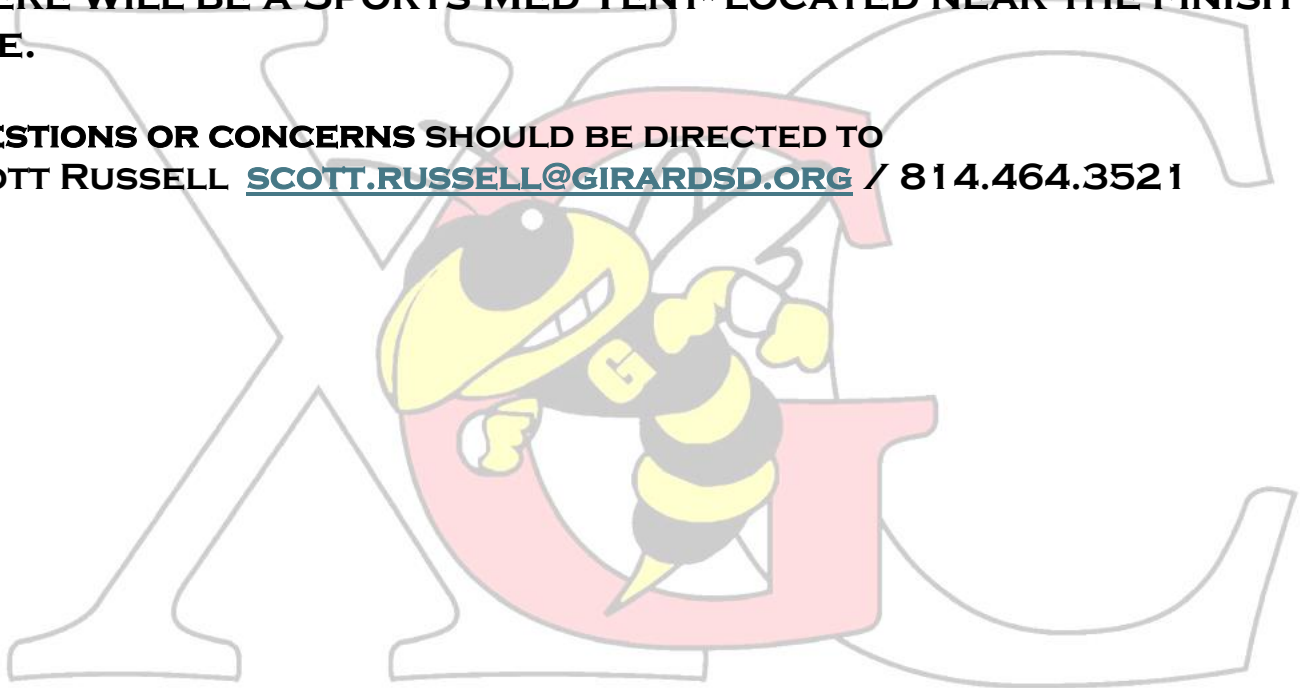
BOXES ARE RANDOMLY DRAWN AND ASSIGNED. BOX ASSIGNMENTS WILL BE ATTACHED TO YOUR REGISTRATION PACKET.

T-SHIRTS – T-SHIRTS ARE OFFERED THROUGH A PRE-ORDER DURING THE MONTH OF SEPTEMBER. WE HAVE LIMITED (50) T-SHIRTS THAT WILL BE AVAILABLE ON MEET DAY. FIRST COME, FIRST SERVED. SHIRTS ARE MOISTURE-WICKING AND COST \$25. SHIRT SALES AND PRE-ORDER PICK-UP WILL BE AVAILABLE AT THE PAVILION.

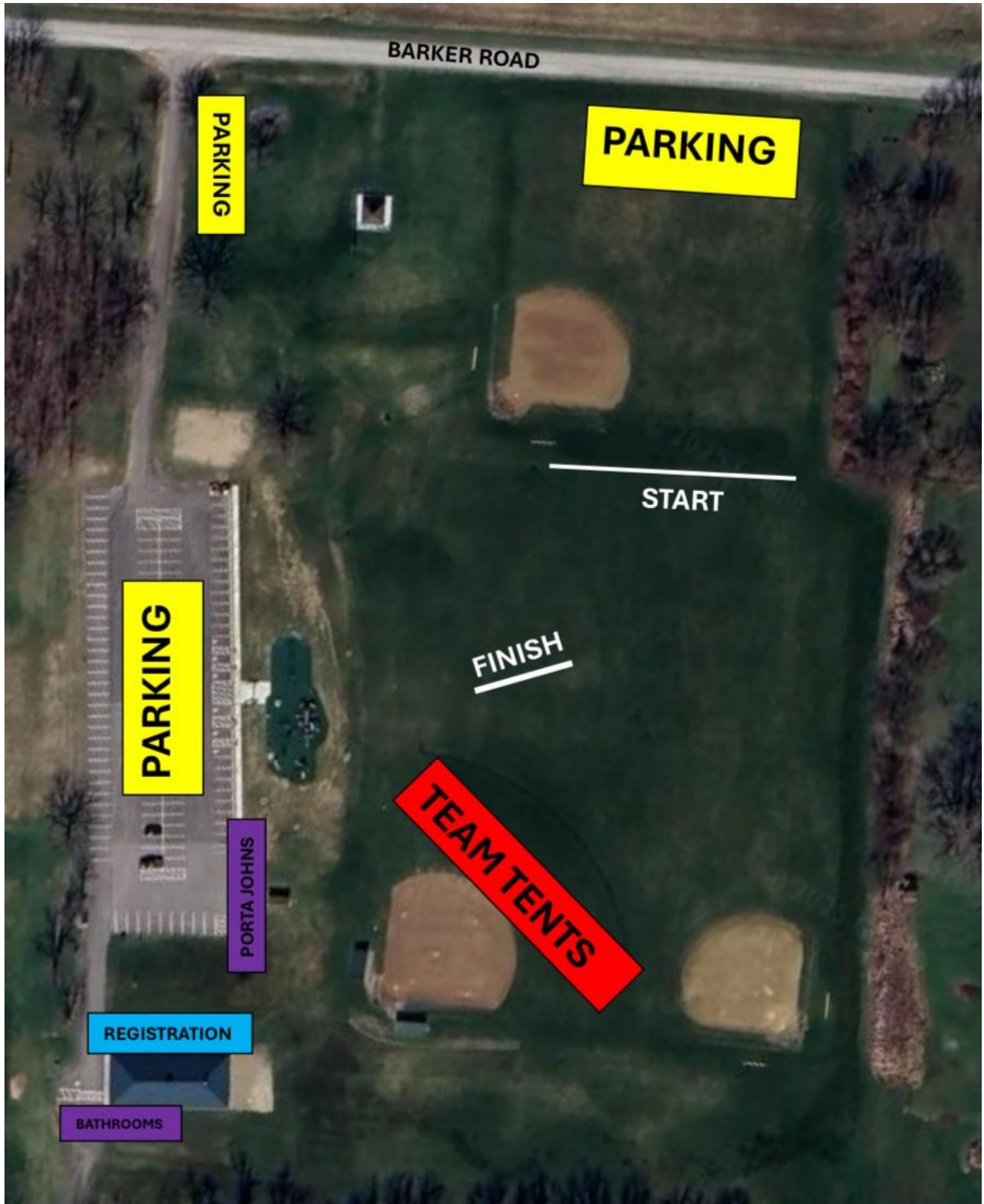
TRAINER:

THERE WILL BE A SPORTS MED TENT- LOCATED NEAR THE FINISH LINE.

QUESTIONS OR CONCERNS SHOULD BE DIRECTED TO SCOTT RUSSELL SCOTT.RUSSELL@GIRARDSD.ORG / 814.464.3521



GROUNDS MAP



HIGH SCHOOL 5K COURSE MAP



MIDDLE SCHOOL 2 MILE COURSE MAP

