

NEWARK CATHOLIC HIGH SCHOOL
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Dear Coach,

I hope you had a great summer of training leading into the 2025 cross country season. Here at Newark Catholic, we are excited about the 20th annual Newark Catholic "RUN THE DU" at the Bryn Du Mansion on Saturday, August 23, 2024.

ENTRIES: This year entries will be done through milesplit.com. Beginning August 5, please go to milesplit.com and follow the instructions. You are only submitting rosters. You will not need to designate the varsity or reserve race. **Rosters are due on or before NOON on August 20, 2025.** Please submit only the names of the athletes that you expect to run on race day. We are charged per runner entered. Thank you for your help with this.

SCHEDULE:

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| 8:30AM | Elementary 1 mile Fun Run - Grades 1-6 | |
| 9:00AM | Boys Varsity | 40 Medals/3 Team Trophies |
| 9:35AM | Girls Varsity | 40 Medals/3 Team Trophies |
| 10:10AM | Boys Reserve | 25 Medals |
| 10:50AM | Girls Reserve | 25 Medals |
| 11:30AM | Boys Middle School | 40 Medals/3 Team Trophies |
| 12:00AM | Girls Middle School | 40 Medals/3 Team Trophies |

TERMS & CONDITIONS: You may enter 1 to 8 runners in the varsity race. It requires 5 to score. All runners beyond eight must run in the reserve race. Teams running more than eight in the varsity race will be disqualified, as will any runner who participates in more than one race.

UPDATED FEES & ADMISSIONS: If you have not paid the entry fee yet, please arrange to do so as soon as possible. The cost is \$100 for each high school race and \$85 for each middle school race. Maximum cost per school including your middle school is \$250. Cost for admittance will be adults \$8 and seniors & students \$6. Please let your parents know. T-shirts and concessions will be available on meet day. If you have any questions, please call or text Coach Ali Ernest Gerdeman at (740) 258-7169 or email at ncxccoach@gmail.com.

ELEMENTARY FUN RUN: All youth in grades 1-6 can participate free of charge. We ask that all runners be at the starting line by 8:20AM so we can start the race on time and answer any questions. This event will not be timed. It will be up to parents or coaches to time their own athlete. All runners who finish will receive a ribbon upon crossing the finish line.

PARKING INFORMATION: Spectators for the 2025 Newark Catholic Invitational will be asked to park across the street from the Bryn Du Mansion grounds at the Spring Hills Baptist Church (no charge). Handicap parking and parking for meet officials and team buses will be available on the course grounds at the mansion entrance off Jones Road. Shuttle service will be offered from the church to the course. If you have any questions, please call or text Coach Ali Ernest Gerdeman at (740) 258-7169. **Parking in residential areas near the Bryn Du Mansion may result in your vehicle being towed.**