



Cross-Country Grand Prix

Locations

Staten Island- Ocean Breeze Park

Queens- Cunningham Park

Brooklyn- Prospect Park

Bronx & Manhattan- Van Cortlandt Park

Coaches Meeting will be held 15 minutes prior to the start of the meet-(4:00pm)

ORDER OF EVENTS

<u>Meets for Boys & Girls</u>	<u>Meets for only Boys or Girls</u>
Freshman Girls -3k	Freshman Boys/Girls -3k
Freshman Boys-3k	Novice Boys/Girls-3k
Novice Girls-3k	Varsity Boys/Girls -5k
Novice Boys-3k	
Varsity Girls-5k	
Varsity Boys -5k	

General Information:

- Freshman and Novice will run 1.5 miles(3k)
- Varsity will run 3.1 miles (5k)
- 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 5 runners' finish. Coed programs must have 5 runners (any combination; 3 boys and 2 girls, 4 boys and 1 girl, etc.)