



**Hudson County Cross Country Championship / Saturday - October 25, 2025**  
**Stephen Gregg Park, Bayonne / 12:30pm Rain or Shine**

**ENTRY FORM**

School: \_\_\_\_\_ Coach: \_\_\_\_\_  
 Mobile: \_\_\_\_\_ E-Mail: \_\_\_\_\_  
 AD Signature: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Indicate entry, team, and/or individual, for each division listed below:

<b>Division:</b>	<b>Team</b>	<b>Individual</b>	
Freshman Boys	_____	_____	
Freshman Girls	_____	_____	
Varsity Boys	_____	_____	
Varsity Girls	_____	_____	
Jr. Varsity Boys	<u>ind. only</u>	_____	
Jr. Varsity Girls	<u>ind. only</u>	_____	
No. of Teams	_____	x \$100.00 =	\$ _____
No. of Individuals	_____	x \$15.00 =	\$ _____
Total Entry			\$ _____

**Make check payable to HCIAL**

**Entry Payments must be mailed to:** HCIAL- John Fraraccio 5501 Park Ave, West New York, NJ 07093

**Entry Guidelines**

- Varsity limit is one team with seven runners maximum.
- Junior Varsity entry is unlimited, but schools must field a Varsity team of at least 5 runners in order to be eligible to enter / race in Junior Varsity.
- Junior Varsity is an individual competition. There will be no team entry or awards.
- Freshmen entry is unlimited. The first seven across the line will be scored. All additional runners will compete as individuals.

**Entry Deadline: Friday, October 24, 2025.** Online Entry through MileSplit due by 7pm 10/24. All entries must be scanned and sent electronically to [John Fraraccio](mailto:John Fraraccio) [jfraraccio@wnyschools.net](mailto:jfraraccio@wnyschools.net)

**Questions or Comments:**  
 Jere Waldron (908) 397-0303

## ENTRY INFORMATION

1. National Federation & NJSIAA Rules to govern this meet.
2. Competition in Varsity & JV races is 5000m
3. Freshman race is 3200m.

### Awards

- Championship Plaque to Boys and Girls Varsity Team winners.
- Team medals are awarded to the top 3 Boys' and Girls' Varsity teams.
- Individual medals will be awarded to the top 20 Boys and Girls Varsity finishers.
- Individual medals will be distributed at the finish line chute.
- The HCTCA will sponsor individual awards for freshmen and JV teams, as well as team awards for boys' and girls' freshman championship teams.

### Order of Events

- Freshman Boys 12:30 PM
- Freshman Girls 12:50 PM
- Varsity Boys 1:10 PM
- Varsity Girls 1:35 PM
- Junior Varsity Boys 2:00 PM
- Junior Varsity Girls 2:25 PM

### Important Notes

- There will be no race announcements. Teams should report to the start line 10 minutes prior to the assigned start time and check in with the clerk to provide the number of competitors.
- Races will not run ahead of schedule, but the starter/timer will not wait for anyone to check in.
- In the event of bad weather, the meet director may change the Order of Events.