



Cross-Country Group Run

September 26, 2026, at 9:00am

VAN CORTLANDT PARK

Coaches Meeting will be held at 8:45am

ORDER OF EVENTS

<u>Race</u>	<u>Time</u>
Freshman Girls	9:15 AM
Freshman Boys	9:30 AM
Sophomore Girls	9:45 AM
Sophomore Boys	10:15 AM
Varsity Girls Team Race	10:45 AM
Varsity Boys Team Race	11:15 AM
Junior Varsity Girls	11:45 PM
Junior Varsity Boys	12:15 PM

General Information:

- Freshman will compete running 1.5 miles
- Sophomores will compete running 2.5 miles
- Varsity and Junior Varsity will compete running 5k (3.1mi)
- Teams must have a minimum of (5) athletes per gender in the team race to compete
- Teams that have more than (7) eligible athletes in the team race may run the additional students in the Junior Varsity 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:

- Medals will be awarded to the top 25 finishers in all contested events
- Plaques will be awarded to the top 3 teams in the varsity team races