



South Jersey XC
Shootout
 "Not your ordinary XC race"
 Sponsored by Equitable Finance



DATE: Saturday, Sept. 14, 2024
LOCATION: Gloucester County DREAM Park, Logan Twp** Site of the SJ Sectional Meet
Meet Website: www.sjxcshootout.com

Brand New Digital Jumbotron scoreboard. New timing system. Bib Chips & sensors at every mile mark. Live DJ.

Meet records: Miles Schoedler Ocean City HS 15:40.0 2010
 Isabella Turner Shawnee HS 17:52.89 2021

Schedule:

Middle School Girls	1.72 miles	8:30am
Middle School Boys	1.72 miles	8:45am
Green Race Short Course Girls	4k	9:00am (Any HS grade level can run)
Green Race Short Course Boys	4k	9:30am (Any HS grade level can run)
Herb Lorenz Gold Race-Championship Race Girls	5k	10:00am
Herb Lorenz Gold Race-Championship Race Boys	5k	10:30am
Red Race-Open Girls	5k	11:00am
Red Race-Open Boys	5k	11:30am

Championship Race Max. 10 entries per team. Clock will get turned off at 20 min for boys and 24 min for girls
 Green Race Short Course: 4k Open to runners of all high school grade levels. This is not a freshman race. It is a short course race.

Awards: High School:

Championship race. Watches to top 3 individuals in Gold Race. Medals 4th-20th. Team award – plaques to top 3 teams. Watches to top team (7 runners).
 Green Race & Red Race - Medals to top 20 finishers in each race.
 Middle School - Medals to top 25 in each race. Plaque to top 3 teams (min. 5 runners)

Entries: High School: \$15 per person or \$320 team entry fee per gender.

You must declare what races each athlete is in.

Middle School Individual entries: \$10 per runner (MAX \$200) per gender

Please only enter athletes that are going to run to help keep bib chip costs down.



Deadline: Wed., Sept. 11, 2024 at 11:59pm. **NO EXCEPTIONS.**

All teams must register using online entry through nj.milesplit.com

Make checks payable to: TUFFGANRUNNING

Mail Checks & Entry Forms to: Ringo Adamson, Meet Director
 112 Nursery Drive
 Glassboro, NJ 08028

Questions: Contact Ringo Adamson (856) 904-3543 or e-mail: tuffgangrunning@yahoo.com

Sponsors:



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2024
South Jersey Cross Country Shootout
Entry Form

School: _____

Coaches e-mail address: _____ Cell Phone: _____

Make Check Payable to Tuffgangrunning

	<u># of Entries</u>		
High School Boys	_____	x \$15 =	_____ (\$320 Max)
High School Girls	_____	x \$15 =	_____ (\$320 Max)
Middle School Boys	_____	x \$10 =	_____ (\$200 Max)
Middle School Girls	_____	x \$10 =	_____ (\$200 Max)
Total			\$_____