



South Jersey XC Shootout

"Not your ordinary XC race"



DATE: Saturday, Sept. 17, 2022
LOCATION: Gloucester County DREAM Park, Logan Twp** Site of the SJ Sectional Meet
Meet Website: www.sjxcshootout.com

New format for 2022.

Digital Jumbotron scoreboard. Spilt mats at mile markers. Spectacular opening ceremony. 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)
Gold Race-Championship Race Girls	5k	10:00am
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 \$300 Max for entire team per gender.
 You must declare what races each athlete is in.
 Middle School Individual entries: \$10 per runner (MAX \$200) per gender

Deadline: Tue., Sept. 14, 2022 at 11:59pm. **NO EXCEPTIONS.**
 All teams must register using online entry through nj.milesplit.com
Make checks payable to: TUFFGANGRUNNING
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

2022
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 =	_____ (\$300 Max)
High School Girls	_____	x \$15 =	_____ (\$300 Max)
Middle School Boys	_____	x \$10 =	_____ (\$200 Max)
Middle School Girls	_____	x \$10 =	_____ (\$200 Max)
Total			\$_____