Ocean County Middle School Cross-Country Championships

Sponsored by:

 Jackson Memorial High School &

Jackson Liberty High School

Dear Coach,

On Tuesday, October 26th, the Jackson Memorial High School and Jackson Liberty High School Cross-Country Teams will be sponsoring the Ocean County Middle School Championship for boys and girls at Ocean County Park. Entry fee is $75.00 per team or $10.00 per individual. A team consists of seven runners, and you may enter as many teams as you wish.

We will be using Fraulo Timing Systems for our timing and results. All coaches must e-mail a roster, on the attached form, with school, first name and last name of runners to both Victor at: mistawu@gmail.com & Steve at: stheobald@jacksonsd.org. Indicate on the subject line Ocean County Middle School, Oct. 26. PLEASE SEND ROSTERS IMMEDIATELY. YOU DO NOT NEED TO DESIGNATE WHO IS RUNNING UNTIL RACE DAY.

Please review the race format for this year. Once again, we will be offering different levels of competition:

**Varsity Division:** This is your best team, and only one team per school will be allowed to enter this competition. (A school must enter this race if they want to compete at the J.V. level)

**Junior Varsity Division:** A school may enter as many teams in this division as they wish. (A school must enter a Varsity team to be eligible for this division)

Races will be run at the following times: Race distance is 2500 meters.

 3:00 J.V. Girls

 3:20 J.V. Boys

 3:40 Varsity Girls

 4:00 Varsity Boys

Awards will be given to the top three teams in each race, as well as the top fifty individuals.

Entries are due October 16th, 2021

Make checks payable to Jackson Memorial High School

Mail entries to: Steve Theobald

 2160 Gladfield Dr.

 Wall, NJ 07719 Email entries to: stheobald@jacksonsd.org

**There will be no buses permitted in the park on race day. Drop off is at Lakewood Middle/High School, and coaches and competitors must walk through the trail to the race area.**  **Limited** **bus parking is available at Lakewood Middle/High School. All teams must use porta johns. Please advise your athletes that the buildings are off limits.**

**Please bring your own pins.**

Any questions, please call Steve Theobald at 908-433-3570.

Good luck with your seasons, and we hope to see you on the 26th.