

**IHC
CROSS COUNTRY
at Freedom Park
(revised 12/20/07)**

2008	(second revision 4/11/08)						2009
DATE	RACE 1		RACE 2		RACE 3		DATE
16-Sep	<u>Hills</u> Chatham Summit W. Essex	<u>Iron</u> *EO Campus *Mt. Olive WMC Randolph	<u>Hills</u> *Dover Weequahic Parsippany *M. Hills	<u>Iron</u> Roxbury Morristown Columbia	<u>Hills</u> Mendham H. Park P. Hills	<u>Iron</u> M. Knolls Seton Hall Livingston	15-Sep
23-Sep	<u>Hills</u> Summit H. Park Weequahic	<u>Iron</u> Randolph Roxbury M. Knolls	<u>Hills</u> P. Hills W. Essex Parsippany	<u>Iron</u> EO Campus Mt. Olive Livingston Columbia	<u>Hills</u> Chatham Mendham Dover M. Hills	<u>Iron</u> Seton Hall WMC Morristown	22-Sep
2-Oct	<u>Hills</u> Summit Mendham Parsippany	<u>Iron</u> Roxbury Seton Hall EO Campus Mt. Olive	<u>Hills</u> Chatham P. Hills Weequahic	<u>Iron</u> Randolph Morristown Livingston	<u>Hills</u> W. Essex H. Park Dover M. Hills	<u>Iron</u> WMC Columbia M. Knolls	29-Sep
7-Oct	<u>Hills</u> Chatham H. Park Parsippany	<u>Iron</u> Seton Hall Randolph Columbia	<u>Hills</u> W. Essex Mendham Weequahic	<u>Iron</u> M. Knolls Morristown EO Campus Mt. Olive	<u>Hills</u> Summit Dover P. Hills M. Hills	<u>Iron</u> WMC Roxbury Livingston	6-Oct
14-Oct	DUAL MEET MAKEUP DATE						13-Oct
NO ADDITIONAL MAKE UP DATE IN 2008							
21-Oct	CONFERENCE CHAMPIONSHIP						20-Oct
22-Oct	CHAMPIONSHIP RAIN DATE						21-Oct

**2008: Rosh Hashonah 9/29-10/1
Yom Kippur 10/8-9
Course Walk: 9/11**

**2009: Rosh Hashonah 9/18-19
Yom Kippur 9/27-28
Course Walk: 9/10**

TIME SCHEDULE

	<u>2008</u>	<u>2009</u>
3:45 PM	JV Race(1.55 miles)	JV Race(1.55 miles)
4:00 PM	Boys Race 1	Girls Race 1
4:15 PM	Boys Race 2	Girls Race 2
4:30 PM	Boys Race 3	Girls Race 3
4:45 PM	Girls Race 1	Boys Race 1
5:00 PM	Girls Race 2	Boys Race 2
5:15 PM	Girls Race 3	Boys Race 3

*Indicates Race that will count toward Divisional Championship. If that race is postponed, the FIRST meeting between the schools will count toward the Divisional Championship.