

Northwest Jersey Athletic Conference
Cross Country Championship
Freedom Park

3:00 Freshmen Boys
3:15 Freshmen Girls
3:30 JV Boys
3:45 JV Girls
4:05 Boys American Division Varsity
4:20 Boys National Division Varsity
4:35 Girls American Division Varsity
4:50 Girls National Division Varsity

Freshmen races will be one lap, JV and Varsity run the full course

7 runners per varsity team.

Freshmen and JV are unlimited entry.

There are awards for the top 10 in varsity races.