

**NJAC CROSS COUNTRY CHAMPIONSHIP
LEWIS MORRIS RACES
2009**

October 20, 2009

Lewis Morris Park, Morristown, NJ

Rain Date: October 21, 2009

3:30 PM	Combined	Boys/Girls	JV (short course)
3:45	Liberty	Varsity	Boys
4:00	Independence	Varsity	Boys
4:15	Freedom	Varsity	Boys
4:30	Liberty	Varsity	Girls
4:45	Independence	Varsity	Girls
5:00	Freedom	Varsity	Girls
5:15	Combined	Boys/Girls	JV (long course)

LIBERTY	INDEPENDENCE	FREEDOM
Boonton	Chatham	Hackettstown
Butler	Dover	Hopatcong
Kinnelon	Hanover Park	Jefferson
Morristown Beard	Madison	Kittatinny
Mountain Lakes	Morris Catholic	Lenape Valley
Villa Walsh	Parsippany	Newton
Whippany Park	Pequannock	Wallkill Valley
	St. Elizabeth's	

1. No more than 7 runners may compete in the varsity race.
2. JV runners may choose to run the short course or the long course.
3. A competitor may run in only one race.
4. Rosters may be updated before the start of the race.
5. Ties in the team scoring for first place shall be broken by National Federation rules. TIE BREAKER RULE: Best 6th place finisher.
6. Medals to top 10 in each varsity race. No awards to sub-varsity races.

Results can be found at www.mctrack.org.