

Ocean County X-C Championships

Thursday, November 5th
@ Southern Regional School District

Location

Southern Regional Middle School Campus
75 Cedar Bridge Rd, Manahawkin NJ 08050

Awards

Plaques for the top 3 teams in each race after the two races are merged.
Medals to the top 25 individuals per gender after the two races are merged.

Entries- ON-LINE-ENTRY at njmilesplit.com

All on-line entries are due by midnight on **Monday, November 2nd**
After entry is complete-**PLEASE**-Print invoice and give to AD for payment
ONLY those athletes entered on-line will be permitted to run that day
NO athlete will be ADDED after the entry deadline or the day of the event

Entry Fees

\$10.00 per individual (there is no max fee this year)

Meet Schedule

(subject to change depending on entry)

The schedule allows the boys teams to compete and then clear out before the girls teams would take place.

<u>Thursday, November 5th</u>	<u>RAIN DATE SATURDAY, November 7th</u>
Boys Freshman (2-Mile): 9:00am	Boys Freshman (2-Mile): 2:00pm
Boy Varsity (5k): 9:30am	Boy Varsity (5k): 2:30pm
Boys JV (5k): 10:00am	Boys JV (5k): 3:00pm
Girls Freshman (2-Mile): Noon	Girls Freshman (2-Mile): 4:00pm
Girls Varsity (5k): 12:30pm	Girls Varsity (5k): 4:30pm
Girls JV (5k): 1:00pm	Girls JV (5k): 5:00pm

Questions/Issues contact:

Scott Baker
Meet Director
Phone # 609-970-1940
E-mail: sbaker@srsd.net

Mail All checks to:

Jim Schlentz
32 Cannon Road
Freehold, NJ 07728

Check: www.shorecoaches.com for meet updates.

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2020 Ocean County Championships Covid-19 Guidelines

- Each school will be responsible for temperature checks and symptom screenings for all athletes and coaches prior to arriving at the venue.
- Officials and timers will be screened by the meet director.
- No tents are allowed.
- **No spectators are allowed.**
- Coaches, timers, officials and athletes must have their masks on unless racing.
- There will be chip timing so the runners will have no finish chute and should quickly leave the finish area when the race is done. Athletes are not permitted to gather by the finish.
- There will be no awards ceremony-awards will be mailed.
- There will be separation of teams on the start line.
- Masks will be worn by runners as they approach the line and removed when they begin strides provided proper distancing can be maintained.
- Athletes will be required to wear masks whenever they are not running or performing intense warm-ups or running a cool-down.
- Teams will maintain proper social distancing requirements at all times when not racing.

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5000m Course



- Start is the Purple Line
- Two loops through the yellow
- Finish straight is the blue line

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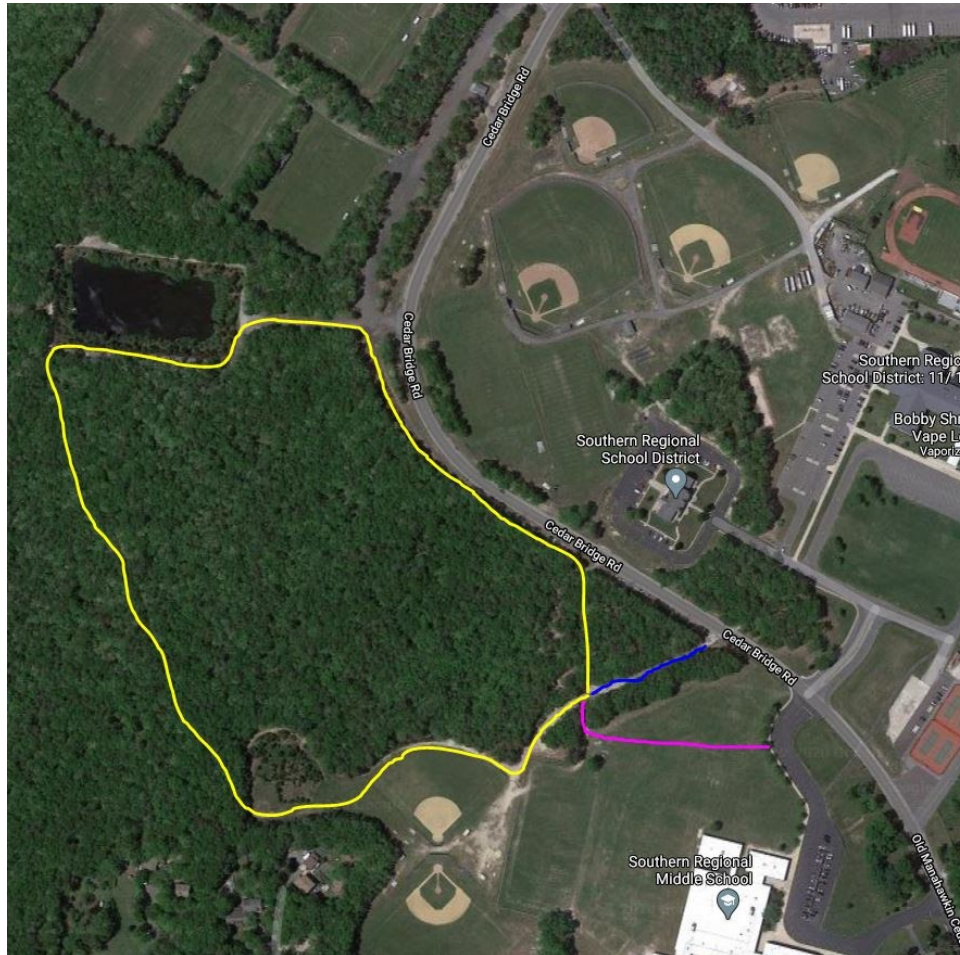
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2-Mile Course



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