

# Ocean County X-C Championships

Thursday, November 5<sup>th</sup>  
@ 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 2<sup>nd</sup>**  
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.*

| <b><u>Thursday, November 5th</u></b> | <b><u>RAIN DATE SATURDAY, November 7th</u></b> |
|--------------------------------------|--|
| 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): 11:30am     | Girls Freshman (2-Mile): 4:00pm                |
| Girls Varsity (5k): 12:00am          | Girls Varsity (5k): 4:30pm                     |
| Girls JV (5k): 12:30am               | Girls JV (5k): 5:00pm                          |

## **Questions/Issues contact:**

Scott Baker  
Meet Director  
Phone # 609-970-1940  
E-mail: [sbaker@srsd.net](mailto:sbaker@srsd.net)

## **Mail All checks to:**

Jim Schlentz  
32 Cannon Road  
Freehold, NJ 07728

Check: [www.shorecoaches.com](http://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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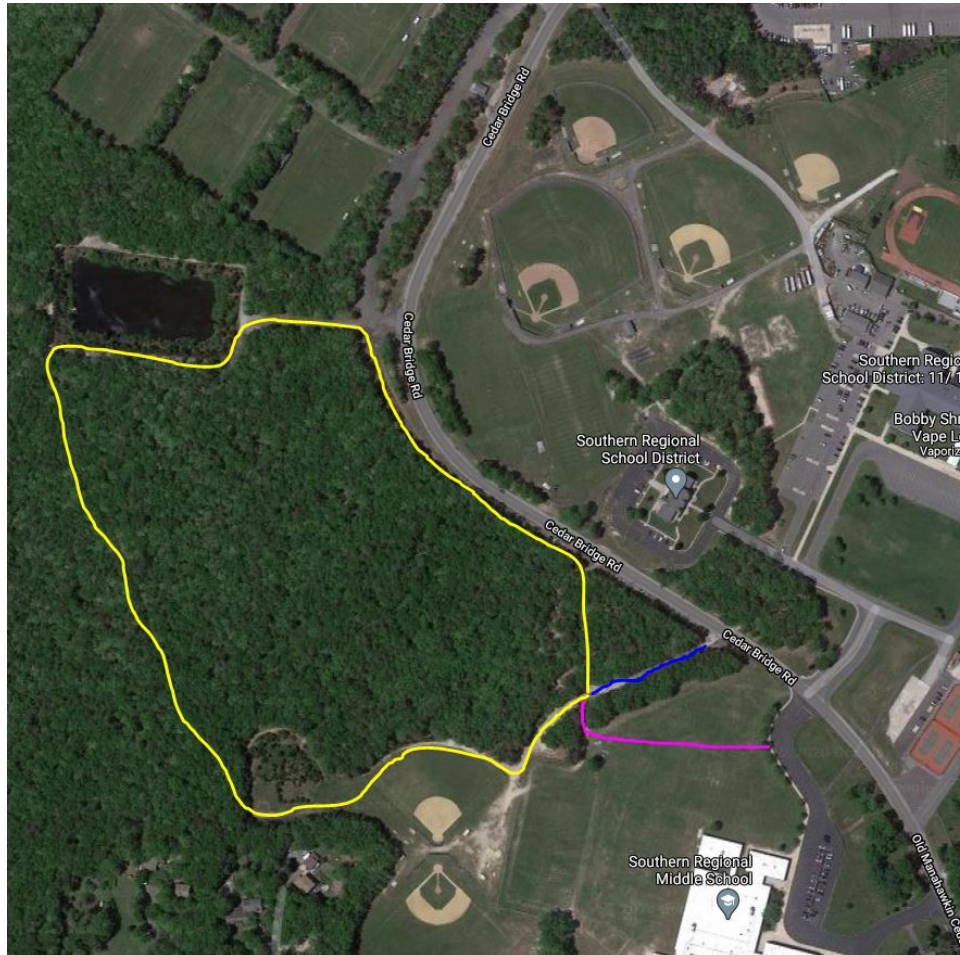
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## 2-Mile Course



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

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