

**10th Annual
Buena Regional High School
Middle School/Frosh/Soph
Cross Country Run**

Monday, October 29, 2018

School: _____	Entries:
	Middle School Boys: _____
Boys Coach: _____	Middle School Girls: _____
	Frosh Boys: _____
Girls Coach: _____	Frosh Girls: _____
	Soph Boys: _____
AD Signature: _____	Soph Girls: _____

Total Entries _____ x \$10 = _____ maximum per team \$250

Plaques: First through Third in each division

Medals: 4th thru 20th in each division.

Boys and girls run together, separation at the chute.

**Distances: Middle School - 2500m
Frosh/Soph - 5000m**

**Time: 3:45 Middle
4:00 Frosh
4:15 Soph**

**Reminder: Freshmen and sophomores must be age and grade appropriate.
This meet is not designed for your varsity runners.**

**Mail entries to: Linda Rosbert, 355 Old White Horse Pike, Waterford, NJ
08089**

Rosters: Must be submitted to [milesplit](#) by October 12th.

Make checks payable to: Buena Regional High School Athletic Fund

Entry deadline: October 12th.