

South Jersey Track Coaches Association

2018 South Jersey CrossCountry Championships

Date: Saturday, September 29, 2018

**Time 10:00- Middle School
11:10-First Varsity Race**

Entries must be postmarked by September 17, 2018

Site: Delsea Regional High School

NOTE: Spikes of 1/8" or less are permitted, **BUT NOT recommended.** 600+ meters on paved paths.

Divisions: There will three (3) divisions in the boys' and girls' varsity races. (5000m)
Sub-varsity will run in an open format with individual races for both boys and girls (5000m)
Freshmen will run in an open format with a combined boy/girl race. (3200m)
Middle Schools will run in an open format with a combined boy/girl race.(2500M)
Divisions are based on enrollment (Official NJSIAA 2018 General Group Classification figures): see below

Division 1: 599 or less

Division 2: 600-999

Division 3: 1000 or more

RACE INFO Packets of information may be picked up at the registration table that is located near the finish line. Maps of the course are available at SJtrack.org and will also be included in your packets.

AWARDS : Varsity 1.Team Trophy for top team in each Varsity race
2.Team award for seven (7) runners of each winning team in each varsity race
3.Individual trophy to the winner of each varsity race.
4. Medals for individuals placing 2nd through 30th in EACH VARSITY RACE.
5.Award to the fastest boy and girl runner of the meet.
6.Team award for the fastest overall time both boys and girls

Sub-varsity & Frosh 7. Individual trophy for the winner of each sub varsity and frosh race
8. Medals for individuals placing 2nd through 40th in each sub varsity and frosh race

Middle School 9. Individual trophies for top runner in each middle school race
10. Medals for individuals placing 2nd through 40th in each middle school race

In the frosh and middle school races, separate awards will go to both boys and girls

TIMESCHEDULE

10:00 am	Middle School – Girls
10:15 am	Middle School -Boys
10:30 am	Frosh Girls
10:50 am	Frosh Boys
11:10 am	Division 1 Varsity Girls
11:30 am	Division 1 Varsity Boys
11:50 am	Sub-Varsity Girls
12:10 am	Sub-Varsity Boys Div 1 & 2
12:30 am	Sub-Varsity Boys Div 3
12:50 am	Division 2 Varsity Girls
1:10 am	Division 2 Varsity Boys
1:30 pm	Division 3 Varsity Girls
1:50 pm	Division 3 Varsity Boys

SJTCA: 2018 South Jersey CrossCountry Championships

Name of School: _____ AD'S Signature: _____

Boys Coach _____ Home Phone _(____)____ - _____

Girls Coach _____ Home Phone _(____)____ - _____

Entries must be postmarked by September 17, 2018

Make checks payable to SOUTH JERSEY TRACK COACHES ASSOCIATION

Please mail entries to:

Ed Colona

118 James Street.

Burlington, NJ 08016

Phone # (609) 381-8615

Rosters will be submitted to Milesplit see the attached sheet for the entry process

Please check below the races you are entering and list the number of teams in each race. Individuals **and/or** teams may be entered in all races ***except varsity, where individuals OR only one [1] team may be entered.** A team is defined as at least five runners and a maximum of seven runners.

Middle school fee is capped at \$250 regardless of maximum number of entries.

VARSITY RUNNERS MUST RUN IN VARSITY RACES.

It is unsportsmanlike to run a varsity team in a sub-varsity race

FROSH MAY RUN IN ANY RACE.

(Failure to comply could lead to a team disqualification)

NOTE: NO ROSTER CHANGES WILL BE ACCEPTED ON THE DAY OF THE MEET

	# of Teams	# Individuals	Group (NJSIAA Classification)
Boys Varsity			
Girls Varsity			
Boys Sub-Var			XXXXXXXX
Girls Sub Var			XXXXXXXX
Boys Frosh			XXXXXXXX
Girls Frosh			XXXXXXXX
Boys Middle			XXXXXXXX
Girls Middle			XXXXXXXX

FEE:

# Teams	@ \$60	Team Total
# Individuals	@ \$9	Individual Total
		School Total



nj.milesplit.com > [Calendar](#) > [Registration Meet Page](#)

- **Claim Team - [MileSplit Team Pages](#) - [Claim Team / Roster Video Tutorial](#)**
 - If you have already claimed your team while entering the meets you are all set and can continue to editing / managing your rosters after logging in.
 - If you haven't claimed your team in the past go to the TEAMS page, find your team, claim it on the bottom right.
Please provide a school email or another way for the webmaster to quickly verify your coaching connection with the school.
 - The webmaster will approve your claim within 24 hours if not immediately.
- **Editing Team Rosters - [Claim Team / Roster Video Tutorial](#)**
 - These MileSplit rosters replace your Hytek rosters, it is important to maintain them.
 - Once you have claimed your team and are approved, go to your team page and click on the Team Manager button located under the team name.
 - There you should see a menu to the left, click on Roster. If the menu is one color or hard to see try to change the colors.
 - Please do not "delete" athletes by changing their name to someone else, every athlete has their own career stats profile that never disappears.
 - *If you see misspellings click the name and make the correction.
 - *If you see duplicate athletes report them to rkellert@milesplit.com for merging.
 - *If an athlete does not have a graduation year add it, lets the program know when to push athletes to the alumni page and ranks them correctly by grade in the database.
 - *The XC and TF tags designate the rosters that will be available during online registration. Please make sure that athletes needed for the meet have the correct tags, and they can have both without issue.
 - If you need new athletes not listed click Add Athlete and fill out their basic information.
 - If there are graduated athletes on your roster, give them an appropriate graduation year to move to alumni.

- **Entering a Meet Online - [Meet Entry Video Example Tutorial](#)**
 - You should have already claimed your team and managed your roster.
 - Click the NJ MileSplit site's calendar and find the meet page you are entering
 - On the meet page you will see a green 'Register Online Now' button.
 - From there you will enter your school and fill out the needed information.
 - Make sure you CHECK BOX the correct divisions or else no events will show and you'll have to Edit Divisions Entered later on.
 - After entering the divisions you will see all the events where you can enter the athletes.
 - When finished click done editing.
 - You can always go back and edit entries via the green Register Online Now button.

Run into problems or questions? Contact rkellert@milesplit.com with details such as team, meet, etc...

