



# South Jersey XC Shootout



*"Not your ordinary XC race"*  
Sponsored by Equitable Finance

**DATE:** Saturday, Sept. 14, 2024  
**LOCATION:** Gloucester County DREAM Park, Logan Twp\*\* Site of the SJ Sectional Meet  
**Meet Website:** [www.sjxcshootout.com](http://www.sjxcshootout.com)

**Brand New Digital Jumbotron scoreboard. New timing system. Bib Chips & sensors at every mile mark. Live DJ.**

**Meet records:** Miles Schoedler Ocean City HS 15:40.0 2010  
Isabella Turner Shawnee HS 17:52.89 2021

**Schedule:**

Middle School Girls	1.72 miles	8:30am
Middle School Boys	1.72 miles	9:00am
Green Race Short Course Girls	4k	9:30am (Any HS grade level can run)
Green Race Short Course Boys	4k	10:00am (Any HS grade level can run)
Herb Lorenz Gold Race-Championship Race Girls	5k	10:30am
Herb Lorenz Gold Race-Championship Race Boys	5k	11:00am
Red Race-Open Girls	5k	11:30am
Red Race-Open Boys	5k	12:00pm

Championship Race Max. 10 entries per team. Clock will get turned off at 20 min for boys and 24 min for girls  
Green Race Short Course: 4k Open to runners of all high school grade levels. This is not a freshman race. It is a short course race.

**Awards:** High School:

Championship race. Watches to top 3 individuals in Gold Race. Medals 4<sup>th</sup>-20<sup>th</sup>. Team award – plaques to top 3 teams. Watches to top team (7 runners).  
Green Race & Red Race - Medals to top 20 finishers in each race.  
Middle School - Medals to top 25 in each race. Plaque to top 3 teams (min. 5 runners)

**Entries:** High School: \$15 per person or \$320 team entry fee per gender.  
**You must declare what races each athlete is in.** Once meet is closed you cannot move athletes between Races

Middle School Individual entries: \$10 per runner (MAX \$200) per gender

**Please only enter athletes that are going to run to help keep bib chip costs down.**



**Deadline:** Wed., Sept. 11, 2024 at 11:59pm. **NO EXCEPTIONS.**  
All teams must register using online entry through [nj.milesplit.com](http://nj.milesplit.com)

**Make checks payable to:** TUFFGANGRUNNING  
**Mail Checks & Entry Forms to:** Ringo Adamson, Meet Director  
112 Nursery Drive  
Glassboro, NJ 08028

**Questions:** Contact Ringo Adamson (856) 904-3543 or e-mail: [tuffgangrunning@yahoo.com](mailto:tuffgangrunning@yahoo.com)

**Sponsors:**



**2024**  
**South Jersey Cross Country Shootout**  
**Entry Form**

School: \_\_\_\_\_

Coaches e-mail address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

**Make Check Payable to Tuffgangrunning**

	<u># of Entries</u>		
High School Boys	_____	x \$15 =	_____ (\$320 Max)
High School Girls	_____	x \$15 =	_____ (\$320 Max)
Middle School Boys	_____	x \$10 =	_____ (\$200 Max)
Middle School Girls	_____	x \$10 =	_____ (\$200 Max)
<b>Total</b>			<b>\$_____</b>