



2025 USATF New Jersey Association Junior Olympic Cross Country Championships

(Qualifier for 2025 USATF REGION 2 JO XC)

Sunday, November 2, 2025

Greystone Central Park, Morris Plains, New Jersey

SCHEDULE & AGE DIVISIONS:

| Age Division | Distance |
|--------------|-------------------|
| 8 & Under | 2 km (1.24 miles) |
| 9 & 10 | 3 km (1.86 miles) |
| 11 & 12 | 3 km (1.86 miles) |
| 13 & 14 | 4 km (2.48 miles) |
| 15 & 16 | 5 km (3.1 miles) |
| 17 & 18 | 5 km (3.1 miles) |

Rolling Schedule

Packet & Bib Pick Up starts 8:00 am

Course walk through is at 8:45am

First race goes off at 9:45am-rolling starts
(distance approximate)

Separate races in each age group, girls race first,
followed by the boys

(15-16 and 17-18 age groups will be combined)

ELIGIBILITY REQUIREMENTS:

Valid 2025 USATF Membership and Proof of Birth is required for participation

- *Individuals:* Current USATF membership is required to compete.
- Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted prior to being able to register on athletic.net.
- Age divisions are determined by year of birth (see above) and NOT age on event day. There will be no "moving up".
- Go to: <https://www.usatf.org/home/top-utility-nav-content/membership-1> obtain a USATF membership for 2025. All ages based as of 12/31/25. You must obtain a current membership to compete.

REGISTRATION & DEADLINES:

- Entry Fee: \$10.00 per athlete
- Entry Deadline: **Thursday, October 30, at 6:00 pm (NO LATE OR RACE DAY ENTRIES)**

- **ONLY ONLINE REGISTRATION ENTRIES WILL BE ACCEPTED** [Athletic.Net](https://www.athletic.net/CrossCountry/meet/265259/info) to enter, <https://www.athletic.net/CrossCountry/meet/265259/info>
- Team Entries: No charge
- THERE ARE NO DAY OF RACE ENTRIES PERMITTED

COMPETITION BIB NUMBERS:

- Packet & Bib Pick Up starts 7:30 am
- All competitors must wear their assignment bib numbers during the competition, chest-high on front of their jerseys
- Bib numbers will be distributed to athletes at the at registration table in the stadium

EVENT RESULTS:

- During competition, event results will be posted near the registration/finish area.
- In addition, event results will be posted within 72 hours on the USATF-NJ website: <https://newjersey.usatf.org/>

TEAM & TEAM SCORING

- Only registered USATF New Jersey member clubs may enter a team
- All athletes representing the club must be affiliated with that club as part of their USATF membership
- To enter a team, a club must complete the team entry/declaration process during online registration. Only athletes listed on the team declaration roster will be eligible to represent the club at the Association, Regional or National Championships.
- All members who wish to be attached to and compete with a team must do so by the Association Championship date.
- Eight (8) athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

AWARDS: USATF Junior Olympic medals will be awarded to the top fifteen individuals in each age and gender division

COURSE DESCRIPTION: Combination of grass fields, gravel and dirt paths, and some paved paths on rolling hills. Since there are paved surfaces, shorter to medium length spikes are appropriate but not mandatory.

VENDOR(S): Merchandise will be available for purchase at the event

ADVANCEMENT to the USATF National JO XC Championships:

- Top 15 individuals and top 2 teams in each age group will advance to the USATF Region 2 Junior Olympic Cross Country Championships (hosted by the New Jersey Association), **November 22, 2025** at **White Oak Park, PA**
- For more information check [HERE](#)
- Top 30 individuals and top 5 teams from the Region II Meet will advance to the 2025 **USATF National Junior Olympic Cross Country Championships, December 13 – Blue River Memorial Park, Shelbyville, IN.**
- For more information check [HERE](#)

REQUESTS FOR WAIVER:

- Any competitor who doesn't not compete in the Association Championship and wishes to compete in the National JO Cross Country Championship must submit a waiver request by the close of the on-time registration for the Association Championship.
- Athletes who compete in their NJSIAA High School Championships meet may be advanced to the National Championships if the Association Championships conflict with the State meet. "Conflict" means both meets are held within 48 hours of the other. Athletes must submit a waiver request to the Association by the close of the on-time registration for the Association Championship (**Thursday, October 30, 2025**).
- In the event a competitor is injured, and that injury is medically documented between the close of on-time registration and the start of their division of competition, submit a waiver request and documentation to support the injury. • The waiver document must be in accordance with rule 306.1(i)
- Email waiver to: managingdirector@newjersey.usatf.org, youth@newjersey.usatf.org, & usatfnjcertification@gmail.com

PROTESTS: Protests relating to matters which developed during the conduct of the competition must be made to the Referee at once and no later than one hour after a result has been announced. The fee to file a protest is \$50. The fee will be returned if the protest is upheld. Please note under USATF Rule 119.4 when considering the use of video/photo footage for protests.

Managing Director, Terry Mullane: managingdirector@newjersey.usatf.org

Youth Chair, Al Essilfie: youth@newjersey.usatf.org

Event Assistant, Tia Livingston: usatfnjcertification@gmail.com

Please check [USATF NJ](#) regularly for any updates to the meet information/schedule

COURSE MAPS:

2 km (1.24 miles) - <https://youtu.be/DcxxpbRjZ24>

3 km (1.86 miles) - https://youtu.be/xFvww_WdAXQxxxxxxzxxx

4 km (2.48 miles) - <https://youtu.be/54dY7EVhpjY>

5 km (3.1 miles) -

https://mail.google.com/mail/u/0?ui=2&ik=97c910ac02&attid=0.1&permmsgid=msg-a:r-5180557551718591238&view=att&disp=safe&realattid=f_l9x4elj50

All Maps Visit: <https://cc.parsippanyexpress.org/central-park-course-info>