

BERGEN COUNTY CROSS-COUNTRY CHAMPIONSHIPS

Bergen County Group Meet
Saturday, October 14, 2023
Darlington County Park

Lou Molino Memorial Meet of Champions
Saturday, October 21, 2023
Darlington County Park

Time Schedule:

9:00 Freshmen Boys
9:05 Freshmen Girls
9:10 J-V Boys
9:25 J-V Girls
9:45 Boys Group D
10:00 Boys Group E
10:15 Boys Group B
10:30 Girls Group D
10:45 Girls Group E
11:00 Girls Group B

Arrive @ Noon

12:30 Freshmen Boys
12:35 Freshmen Girls
12:40 J-V Boys
12:55 J-V Girls
1:15 Boys Group A
1:30 Boys Group C
1:45 Girls Group A
2:00 Girls Group C

Time Schedule:

11:00 AM Girls Race
11:40 AM Boys Race

Awards

County Group Meet

Top Ten Individuals
Top Three Teams per race

Meet of Champions

Top Twenty-Five Individuals
Top Three Teams

IMPORTANT MEET INFORMATION

1. 7 runners in Varsity races and Unlimited entries in J-V and Freshmen races.
2. You **MUST run your TOP 7 RUNNERS** in the Varsity Race and your 8 -? in the J-V race. A freshman may run in the freshmen race, J-V race or Varsity race.
3. Entries Due: **October 6, 2023**
4. We are using **NJ Mile Split** to enter your rosters and declare that you are coming to the meet. All you have to do is enter **ALL your athletes that are competing in the meet.**
5. The Boys Freshmen and J-V Races will be broken into two (2) equal races
6. **Advancement to Lou Molino Memorial Meet of Champions:**

Winning Team per Race plus 6 Wild Cards Teams from the Meet Merge (one must come from Group C or D)

All Individuals that finish in the Top 50 of the Meet Merge

Questions Email: njbta@aol.com

REMEMBER to Enter on MileSplit – Send in form as Usual

Buses need to drop off and then go and park at the Campgaw Parking Lot (1 mile away).

POD 1 - After your team is finished, they can pick you up in the lower parking lot by 11:45AM

POD 2 - Arrive @ Noon – You will not be allowed over the bridge until 11:50AM – Please cooperate!!

2023 BERGEN COUNTY CROSS-COUNTRY CHAMPIONSHIP MEET

School _____ Coach _____

School Phone _____ Coach's Phone _____

Boys Entry: Varsity Boys Team (7 runners) _____ X \$80.00 = _____

Varsity Individuals _____ X \$15.00 = _____

Junior Varsity Team (7 runners) _____ X \$80.00 = _____

Junior Varsity Individuals _____ X \$15.00 = _____

Freshmen Team (7 runners) _____ X \$80.00 = _____

Freshmen Individuals _____ X \$15.00 = _____

Total Boys Entry = _____

Girls Entry: Varsity Girls Team (7 runners) _____ X \$80.00 = _____

Varsity Individuals _____ X \$15.00 = _____

Junior Varsity Team (7 runners) _____ X \$80.00 = _____

Junior Varsity Individuals _____ X \$15.00 = _____

Freshmen Team (7 runners) _____ X \$80.00 = _____

Freshmen Individuals _____ X \$15.00 = _____

Total Girls Entry = _____

Total School Entry = _____

Make Checks Payable To: B.C.C.A.

Mail to: Tom Zaccone
143 McIntosh Drive
Mahwah, N.J. 07430

Entries Due: October 9, 2023

Email to: tomzaccone@yahoo.com

Principal's Signature: _____

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2022 Divisions (Will update in Fall)

Group E

Bergen Catholic
Don Bosco
Dwight Englewood
Holy Angels
IHA
Paramus Catholic
Saddle River Day
St. Joes
St. Mary's

Group A

Bergen Tech
Hackensack
Ridgewood
Fair Lawn
No. Highlands
Garfield
Tenafly
Bergenfield
Teaneck
Ramapo
Cliffside Park

Group B

Old Tappan
Pascack Valley
Leonia
Lodi
Dwight Morrow
Paramus
River Dell
Demarest
Fort Lee
Mahwah
Ridgefield Park

Group C

Westwood
Pascack Hills
Lyndhurst
Indian Hills
Ramsey
Elmwood Park
Dumont
Rutherford
Becton
Glen Rock
Park Ridge/Emerson

Group D

New Milford
North Arlington
Hasbrouck Heights
Saddle Brook
Ridgefield
Cresskill
Palisades Park
Bergen Arts
Bogota
Midland Park
Waldwick