

BERGEN COUNTY CROSS-COUNTRY CHAMPIONSHIPS

Bergen County Group Meet
Saturday, October 26, 2019
Darlington County Park

Lou Molino Memorial Meet of Champions
Saturday, November 2, 2019
Darlington County Park

Time Schedule:

10:00 Boys Group D
10:15 Boys Group E
10:30 Boys Group A
10:45 Girls Group D
11:00 Girls Group E
11:15 Girls Group A
11:35 Freshmen Boys Large
11:45 Freshmen Girls
11:55 Freshmen Boys Small
12:05 J-V Girls Large
12:25 J-V Boys Large
12:40 J-V Girls Small
1:00 J-V Boys Small
1:20 Boys Group B
1:35 Boys Group C
1:50 Girls Group B
2:05 Girls Group C

Time Schedule:

11:00 AM Boys Race
11:40 AM Girls 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 13, 2018**
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:**

Top Two Teams per Race
TWO Wild Card Teams

Top 10 Individuals

Up to 10 Wild Card Individuals

We follow the same rules as the NJSIAA.

Questions Call: Tom Zaccone 201-529-8217
Brian Rodak 973-831-2412

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).**

**After your team is finished, they can pick you up in the
lower parking lot.**

2019 BERGEN COUNTY CROSS-COUNTRY CHAMPIONSHIP MEET

School _____ Coach _____

School Phone _____ Coach's Phone _____

Boys Entry: Varsity Boys Team (7 runners) _____ X \$60.00 = _____

Varsity Individuals _____ X \$10.00 = _____

Junior Varsity Team (7 runners) _____ X \$60.00 = _____

Junior Varsity Individuals _____ X \$10.00 = _____

Freshmen Team (7 runners) _____ X \$60.00 = _____

Freshmen Individuals _____ X \$10.00 = _____

Total Boys Entry = _____

Girls Entry: Varsity Girls Team (7 runners) _____ X \$60.00 = _____

Varsity Individuals _____ X \$10.00 = _____

Junior Varsity Team (7 runners) _____ X \$60.00 = _____

Junior Varsity Individuals _____ X \$10.00 = _____

Freshmen Team (7 runners) _____ X \$60.00 = _____

Freshmen Individuals _____ X \$10.00 = _____

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 19, 2019

Email to: tomzaccone@yahoo.com

Principal's Signature: _____

2018 Divisions (This is Old)

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
Old Tappan
Tenafly
Paramus
Pascack Valley
Cliffside Park

Group B

Bergenfield
Teaneck
Indian Hills
Ramapo
Dwight Morrow
Garfield
River Dell
Demarest
Fort Lee
Mahwah

Group C

Ridgefield Park
Pascack Hills
Ramsey
Westwood
Dumont
Park Ridge/Emerson
Glen Rock
Rutherford
Lyndhurst
Leonia
Becton/Wallington
Elmwood Park

Group D

New Milford
Cresskill
Hasbrouck Heights
Ridgefield
Saddle Brook
No. Arlington
Waldwick
Palisades Park
Bogota
Midland Park
Bergen Arts & Science