

**NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION
1161 ROUTE 130 NORTH, P.O. BOX 487, ROBBINSVILLE, NJ 08691**

2020 BOYS & GIRLS NJSIAA/M-F ATHLETIC CROSS-COUNTRY CHAMPIONSHIPS

Cross Country Modifications and Tournament Rules and Regulations

To promote fairness in competition and for the health and safety of student-athletes, no member school will be eligible to participate in any NJSIAA Championship Tournament if it has violated the NJSIAA Constitution, Bylaws, Rules, Regulations, Guidelines, Policies, and Procedures. In addition, schools must follow the sports-specific tournament regulations for each NJSIAA tournament they are entering.

The NJSIAA reserves the right to adjust, change or cancel dates, times and locations as it pertains to all NJSIAA State tournaments. The application of this eligibility standard is not appealable. Member schools not willing or able to comply with all tournament regulations should not enter the tournament.

Coaches must have a copy of these regulations as well as a copy of rule Modifications (if any) for this tournament available at all matches. Copies of these documents are also available on the NJSIAA website.

The NFHS Track and Field Rules along with any NJSIAA Track and Field modifications will govern this tournament.

Due to the COVID19 Pandemic the following modifications will be applied to the 2020 Boys and Girls Cross Country Tournament. The NJSIAA is working with our member schools to offer our student athletes a worthwhile fall experience in 2020.

Respectfully,

NJSIAA STAFF
609-259-2776
www.njsiaa.org

2020 Boys & Girls NJSIAA Cross Country Championships

NEW for the XC 2020 Season:

We will be totally ON-LINE with no mailing back to the NJSIAA anything but your check once your school is invoiced by mile split. Entry everything as usual online including signing off electronically the sportsmanship agreement but no need for any mailing!!!

1. General Information.
 - a) Dates: First Practice, Monday, September 14th, 2020
 - b) Scrimmages: School will have the opportunity to participate in one pre-season scrimmage with a neighboring school. The scrimmage may occur anytime within the seven days of the regular start of the season. 1st Scrimmage date is 9/24/2020. Regular season competition begins on 10/1/2020
 - c) First Meet: Thursday, October 1st, 2020
 - d) End of Regular Season: Thursday, November 12th, 2020
 - e) Sectional Dates: Saturday, November 14th and Sunday November 15th, 2020

Rain Dates: Saturday, November 21st and Sunday November 22nd, 2020

- f) Number of Meets per week:
- g) No more than two dual meets per week or one dual and on one invitational, or no more than one tri. and one invitational per week or one batch meet and one invitational. The NJSIAA encourages the use of Sunday's if necessary. HOWEVER, Sunday is the start of a new week.
- h) SOMETHING NEW THIS YEAR is the Option to not participate. For meet management planning purposes you have until October 26th, 2020 to notify by email both BILL BRUNO and MILE SPLIT of your decision not to attend the sectionals. Once that date comes and goes, you are considered in the meet.

The procedures for shutting down a program if COVID 19 cases are confirmed – are determined by school and local health care authorities.

2. Meet Management

- a) Assigning of officials-
- b) NJSIAA State Assignor will assignor all sectional meets.
- c) Site Managers: supplied by home school.
- d) Meet Directors are appointed by the NJSIAA.
- e) Athletic Trainers – for the NJSIAA Sectionals, Premier Athletic Trainer Services with supply multiple AT's.
- f) Awards-no awards ceremony. All Trophies and Medals will be mailed directly to the School's Athletic Department.
- g) Spectators – NJSIAA XC Sectionals will abide by the Parks Protocols for Social Distancing.
- h) Maximum number of players, coaches, managers for NJSIAA Sectionals.
7 runners and two coaches or 7 runners and one coach and two mangers.
A maximum of 10!!
- i) Security—provided by the parks.
- j) Common Safety Factors
- k) NJSIAA COVID-19 and NFHS Modifications will be used.
- l) Sport Specific guidelines will be on the NJSIAA website as well as Mile Split NJ.

3. Meet Format: Strongly recommended for local meets and will be used at the Sectionals.

6' foot boxes or painted lines or dots on the starting line to separate teams.

Runners will be lined up one thru 7.

STATE SECTIONALS:

Chips, bibs, and video will be used to capture all finishers and to avoid bunching at the chute.

Multiple chutes will be utilized to keep athletes from moving through the finish line area.

NO TENTS—NO camping out this year. Arrive, warm up, run, warm down and leave the site.

Times, dates and rotation can be found in this packet. Each Boy and Girls group have a two-hour window. Example: Group 3 B & G (9:00am until 11:00am) DO NOT ARRIVE EARLY!

Dual, Tri. or Batch Races: If chips are not being used, get creative to prevent runners in the chute. Possibly use the old school method of numbered tongue depressors or number index cards. For multiple races, used new cards, etc. for each race.



2020-21 Cross Country Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Track and Field Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

Return to Competition

General Considerations

:

Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.

Cross country meets should consider using staggered, wave or interval starts.

Possible Rule Modifications:

8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.

Finish:

Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.

With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.

Consider using image-based equipment at finish to assist with picking place to avoid congestion.

Clean and disinfect frequently touched surfaces and exercise equipment.

Pre and Post Game Ceremony:

Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match

Considerations for Coaches

Communicate your guidelines in a clear manner to students and parents.

Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.

Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

Considerations for Students

Consider making each student responsible for their own supplies

Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.

Hand sanitizer should be plentiful at all contests and practices.

Athletes should tell coaches immediately when they are not feeling well.

Cloth face coverings are permitted.

Bring your own water bottle.

Considerations for Officials

Bring personal hand sanitizer. Wash hands frequently

Don't share equipment.

Follow social distancing guidelines:

Pre and Post Meet conferences,

Clerking at the start line,

Tabulations and posting of results.

Consider using electronic whistle.

Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.

Officials personnel may wear cloth face coverings at all times.

Considerations for Parents

:

(A family's role in maintaining safety guidelines for themselves and others):

Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),

Provide personal items for your child and clearly label them.

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2020 BOYS & GIRLS NJSIAA/M-F ATHLETIC CROSS-COUNTRY CHAMPIONSHIPS

The NJSIAA extends a most cordial invitation to you and your school to participate in the 2020 BOYS & GIRLS NJSIAA Cross-Country Championship program. Attached are the instructions and entry forms for your school.

NOTE: *Eligibility requirements for the NJSIAA/M-F Athletic Cross Country Championships*

1. Your cross-country schedule must show that (60%) of your competition from the opening season until October 26th was against New Jersey schools.

NEW PROCEDURE FOR ENTRY

To verify the 60% rule, all varsity schedules MUST be entered by the start of the season, and scores reported to www.njschoolsports.com as soon as possible after each contest.

2. Any player with two (2) or more disqualifications in the current season, prior to the start of an NJSIAA tournament will be ineligible to compete in said tournament

NOTE: *Any athlete transferring into your school on or after October 7th, 2020, will not be eligible to participate in any NJSIAA Championship Tournament in any fall sport.*

3. Any varsity team accumulating three (3) or more player and/or coach disqualifications for flagrant unsportsmanlike conduct prior to the start of the tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.

SPECIFIC SPORTS REGULATIONS (*Found in the New Jersey State Interscholastic Athletic Association Handbook 2017-2018 – Constitution, Bylaws, and Rules & Regulations available on the NJSIAA Website Rule 19. Cross Country*)

Section 1. Rules. 2020 edition of *The National Federation Track and Field and Cross Country Rules*, unless herein modified, shall govern all NJSIAA cross-country meets.

Section 2. Start of Practice.

Article 1...Cross-Country – September 14th, 2020

Section 3. Start of Regular Schedule.

Article 1...Cross-Country – October 1st, 2020

Section 4. End of Season (From Rule 2, Section 10).

All teams may participate in interscholastic contests up to the final championship in their respective sports. Exceptions: Winter Track – March 7th, 2021. (Golf will be up to and including the Friday before the NJSIAA championships in softball and baseball.) Individual competition shall terminate with the end of said competition.

Section 5.

Transfers on or after October 15th, 2020 are not eligible for post-season play in cross-country. (See Article V, Section 4.k.d(2).d.)

Section 6. Meets Per Day.

A competitor shall not be compete in more than one meet during the same calendar day.

Section 7. Meets Per Week.

A student shall be permitted to participate in a maximum of two (2) meets per week (including scrimmages as provided for in Rule 2, Section 7 [A student shall not be permitted to participate in a scrimmage or a game (interschool) in any strenuous sport until he/she has completed SIX DAYS OF PRACTICE IN THAT SPORT (days of 24 hours, not sessions). Practices during the Summer Recess prior to the official opening of the Sports Season cannot be counted to fulfill this requirement.], and sanctioned and championship invitational meets.) During the season, team members who compete in outside meets with the approval of the school remain eligible for the NJSIAA competition; such meets to be counted as part of the maximum two (2) per week. Under no circumstances may a student compete on three (3) consecutive days even when a postponed meet is worked into the schedule.

Section 8. Postponed Meets.

One (1) postponed meet per week may be worked into the schedule, but under no circumstances may a student compete on three (3) consecutive days.

Section 9. Officials.

Article 2...In all dual, triangular and batch Cross-Country Meets there shall be at least one (1) NJSIAA registered track official designated as the Starter-Referee.

Section 10. Jewelry.

Effective September 1, 2020 we will adhere to the NFHS Rules and Regulations as to watches. Watches are not permitted; Religious medals and medical alert medallions must be taped to the body.

Section 11. Standard Distances/Cross-Country.

Unless Meet Directors for Open, Conference, and Championship Meets have received NJSIAA approval to conduct meets at other distances, the standard distance shall be:

Article 1...Freshman – 3500 Meters

Article 2...Junior Varsity or Novice – 5000 Meters

Article 3...Varsity – 5000 Meters

PLEASE READ THE INSTRUCTIONS CAREFULLY, and keep them on hand for reference throughout the meet period. The success of the cross-country program is dependent upon the complete cooperation of our member schools. If after reading this material you have any questions, please contact your sectional meet director or the state cross-country championship director as listed in these tournament regulations.

ATTENTION: Contestants who appear at sectionals, state group championships, or state championships without their coach (or certified member of the faculty) will be disqualified.

AS A RESULT OF INCREASED DIFFICULTIES WITH LATE ENTRIES AND ROSTERS OF MAXIMUM OF 8 BOY AND/OR 8 GIRLS, PLEASE BE ADVISED THAT **ON LINE ENTRY FORMS** AND ROSTERS OF MAXIMUM OF 8 BOYS AND/OR 8 GIRLS NOT RECEIVED ON TIME WILL NOT BE ACCEPTED.

SINCE QUALIFICATION [OTHER THAN THE REQUIREMENTS LISTED ON PAGE 1] IS NOT NECESSARY FOR ENTRY, COACHES ARE URGED TO SUBMIT ENTRIES AND ROSTERS OF MAXIMUM OF 8 BOYS AND/OR 8 GIRLS WELL IN ADVANCE OF DEADLINE.

To verify that Rosters of Maximum of 8 Boys and/or 8 Girls have been received, please confirm with milesplit.



nj.milesplit.com > [Calendar](#) / [MileSplit Registration Support](#)

- **Claim Team - [MileSplit Team Pages](#) - [Tutorial Video](#)**
 - If you have already claimed your team while entering the NJSIAA 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 in the header. *Please provide a school email or another way for the State Editor to quickly verify your coaching connection with the school.*
 - The State Editor will approve your claim as soon as possible..

Editing Team Rosters - [Video Tutorial](#)

- These MileSplit rosters are your rosters for years to come so it is important to maintain them.
- Once you have claimed your team and are approved, go to your team page and click on the Edit Team button located under the team name.
- There you should see a grey menu, click on Roster. You can edit in line by clicking the pencil icons.
- 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 please add it as it is required for entry.
- *The Cross and Track tags designate the rosters that will be available during online registration. Please make sure that athletes needed for the meet have the correct tags, they can have both without issue.
- If you need new athletes not listed fill out the creation form to the right or bottom with 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 - [Video Tutorial](#)

- You should have already claimed your team and managed your roster.
- Click the NJ MileSplit site's calendar and find the NJSIAA State Meet Entry page.
- On the meet page you will see a green 'Register Online Now' button.
- **Read through the NJSIAA Sportsmanship waiver form and submit yes if you agree to the terms.**
- From there you will enter your school and fill out the needed information.
- Make sure you check 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 don't forget to click done to save.
- You can always go back and edit entries via the green Register Online Now button.

Invoice and Payment

- After your entries are complete, click View/Print Invoice under Reports on your entry page.
- Right click and print, follow mailing and payment instructions from the NJSIAA.

Run into problems or questions? [We have a support page with common questions](#). You can also contact rkellert@milesplit.com with details such as team, meet, etc...

The entry process will be paperless this year. Upon your entry on Milesplit, a NJSIAA voucher will be generated for your school and will determined your payment for the tournament

SECTIONAL STARTING TIMES: NORTH I, NORTH II, CENTRAL AND SOUTH – NOVEMBER 14th, 2020

TWO DAY SECTIONAL

day 1	14-Nov	
9:00:00 AM		gp 2 girls
9:25:00 AM		gp 2 boys
	2:00	
11:00:00 AM		gp 3 girls
11:25:00 AM		gp 3 boys
	2:00	
1:00:00 PM		gp 1 girls
1:25:00 PM		gp 1 boys
	2:00	
3:00:00 PM		gp 4 girls
3:25:00 PM		gp 4 boys

day 2	15-Nov	
12:00:00 PM		np b girls
12:25:00 PM		np b boys
	2:00	
2:00:00 PM		np a girls
2:25:00 PM		np a boys

(Oak Ridge Park South NP Garrett Mt North NP **ONLY**)

PLEASE NOTE: Sectional starting times are rotated each year. **CHECK YOUR STARTING TIME!**

COACHES MUST HAVE A COPY OF THESE INSTRUCTIONS AVAILABLE AT EACH MEET.

SECTIONAL MEETS - Saturday, November 14th, 2020. Entries close Wednesday, October 26th, 2020
DISTANCE: ALL RACES will run on a 5000 meter course.

<u>NORTH I</u>	SITE: Garrett Mountain, West Paterson	MEET DIRECTOR: Victor Wu Email: vwuxc1@gmail.com Cell Phone: 201-554-3560
<u>NORTH II</u>	SITE: Oak Ridge Park, 136 Oak Ridge Road Clark, NJ	MEET DIRECTOR: Mr. Robert Byrnes Email: bob.byrnes48@hotmail.com Home: 973-627-9433 Cell: 973-980-8568
<u>CENTRAL</u>	SITE: Thompson Park, Monroe, NJ	MEET DIRECTOR: Mr. John Hein Email: jhein@frhsd.com Cell: 732-859-4468
<u>SOUTH</u>	SITE: Delsea High School, Franklinville, NJ	MEET DIRECTOR: Mr. Ed Colona Email: ecolona@comcast.net Cell: 609-381-8615

REMEMBER 2020: Your rosters will be entered directly into MileSplit NJ

ENTRY GUIDELINES - Public and Non-Public

- Team Fee – \$140.00 per team (Must be paid to be eligible for a team award)
- Individual Fee – Twenty dollars (\$20.00) per individual

These fees cover all levels of the tournament. Make all checks payable to the NJSIAA and be sure your school's name appears on the check to insure proper credit for your entry fee. Please do not send cash.

PUBLIC & NON PUBLIC SCHOOLS

Online Entry Forms are to be completed on mile split by October 6th, 2020. No entries or will be accepted after that deadline date.

STATE GROUP & STATE TOURNAMENT DIRECTOR:

Bill Bruno - Email: bbruno@njsiaa.org

Business Phone: 609-259-2776 Cell: 732-278-5385

TEAM AND INDIVIDUAL ENTRIES

Each school may list a maximum of eight (8) entrants per team; seven (7) runners shall constitute a team, five (5) to qualify for scoring. Fewer than seven (7) runners may enter from one school; however, no more than seven (7) runners from one school may compete the day of the meet. **Rosters of maximum of 8 BOYS and/or 8 GIRLS may be updated no later than October 30, 2020 for all schools.**

Teams must have completed on an interscholastic basis and must have paid the fee to be eligible for the team awards. Individual entries will be permitted from any member school.

Non-Public Schools CROSS-COUNTRY Classification

The following procedures for the classification of Non-Public will be in affect again this year:

1. Sectionals for non-publics is something new this year.
2. Boys and girls will continue to be classified separately because of the large number of single-sex schools. We will be using the 2018-2019 Fall Classifications.
3. The closing date for entries for non-publics will be October 6th, 2020. The team entries received at that point will be divided into Non-Public A and B.
4. Late entries will be added to the division their enrollment indicates based on the range that was established after the closing date.
5. Individual entries will run in the appropriate division based on their school's enrollment.

ATTENTION ATHLETIC DIRECTOR/COACHES

School entering individuals and not presently competing on an interscholastic basis are advised to read carefully the Procedures – “Coaches Appointed to Accompany Teams or Individuals to NJSIAA Championships” in the NJSIAA Handbook. Tournament Directors will disqualify any contestant who is accompanied by someone in a coaching capacity who is not property certified and appointed by the Board of Education. A properly appointed coach will thereafter be subject to the Rules and Regulations, Rule 2, Section 11 – Out-of-Season Practice. If a substitute coach is used, written authority from the school's Principal must be presented.

ATTENTION COACHES: SECTIONAL MEET – *A public school may alter their roster the day of the Sectional up to seven runners. However, those names must be already entered in the Team Roster of Mile Split. No Day of Meet additions will be allowed. Any changes must be done no less than 20 minutes before the start of your sectional race. The form will be in your packet. No Entries will be processed after the event closes.*

WEATHER

Meets will be postponed ONLY when threats of severe weather, such as thunderstorms, are forecast. If you have any doubt about whether or not a meet will be postponed, check the NJSIAA website: www.njsiaa.org, or call your meet director.

RULES

The 2020 National Federation Track and Field Rules will be used, except where modified in these regulations. Every Coach should also familiarize himself/herself with the *NJSIAA Sports Rules and Regulations in the NJSIAA Constitution, Bylaws, Rules and Regulations* which is available online at www.njsiaa.org

APPEALS – (For Entry into the next round)

THERE SHALL BE NO APPEAL OR WAIVER FOR ADVANCEMENT FROM ONE LEVEL OF THE CHAMPIONSHIPS TO ANOTHER REGARDLESS OF REASON. E.G., FROM SECTIONALS TO STATE GROUPS, OR FROM STATE GROUPS TO STATE CHAMPIONSHIP MEET: I.E. AN ENTRANT MUST COMPETE TO ADVANCE.

NOTE: FAILURE TO BE PRESENT AT THE TIME THE EVENT IS CALLED DUE TO TRANSPORTATION PROBLEM, MISUNDERSTANDING OF INSTRUCTIONS, TOURNAMENT REGULATIONS, OTHER SIMILAR EXCUSES, INJURY OR ILLNESS WILL RESULT IN DISQUALIFICATION.

SCORING

Scoring will be based on the *2020 National Federation Track and Field Rules (Cross-Country Running)*. Individual runners will be scored separately and will not affect the scoring of teams. Teams advancing beyond the Sectional Meet must enter a full team (5 or more), not part of that team as individuals. Ties will be resolved as per the *2018 National Federation of Track and Field Rule Book (Cross-Country Running)*. To facilitate scoring at NJSIAA Championship Meets, the following procedures will be followed:

FOR COMPUTER SCORING FOR SECTIONALS:

Each runner will be assigned a “tear-off” number to worn on the FRONT of his/her jersey. The “tear-off” section must be completely filled out as legibly as possible if not already filled out by meet management. Please do not fill this section out with a felt-tipped pen. Use Ball-Point Pens or Pencils. The “tear-off” will be removed in the chute and will be used (In Computer Scoring) to determine the individual order of finish. It is imperative that each runner has a number securely fastened on the FRONT. However, the runner should make sure that no pins are on the “tear-off” section of the number. Pins will not be provided at meets. Pins are the coach’s responsibility. Any runner crossing the finish line without a number will only delay the finish of the race while determining his/her status.

COACHES

1. DISQUALIFICATION (Meet Infractions)
 - a) Any runner disqualified will be removed from the team roster and may not be replaced.
 - b) Any coach/team member guilty of aiding a team member or impeding another runner will disqualify that team from the meet. Any coach or non-competing team member guilty of misconduct will be referred to the NJSIAA Executive Committee.
 - c) Any spectator impeding the progress of the race or refusing to leave the restricted zones will be removed from the premises by Security personnel.
 - d) Coaches must check in their team or individual competitors and pick up envelopes from the Meet Director at least thirty (30) minutes prior to the scheduled time of their race and have their runners at the starting line fifteen (15) minutes before the start of the race. Failure to comply with this procedure may result in a team disqualification.
 - e) Numbers will be provided and must be securely pinned on the FRONT of each runner, secured with four (4) pins. MAKE SURE NO PINS ARE IN THE TEAR-OFF PORTION OF THE NUMBER. It is the coach’s responsibility to provide pins. No pins will be available at the site. Failure to comply may result in disqualification of the runner.

At the Group Meets and the Meet of Champions, the numbers contain a chip. There will be nothing to tear off. The number must be pinned with 4 pins, one in each corner, on the front and in the center of the runner’s jersey.
 - f) 40 minutes after the start of any race in the Sectional cross-country championship, the race will be declared over and no additional scoring will take place.

2. DO NOT LITTER. Coaches are responsible for their teams. Schools not complying will be billed for cleanup.
3. Teams will be permitted to walk or run the course up to thirty (30) minutes before the first race of the day.
4. Dressing facilities will not be available at the sites.
5. Contestants not accompanied by a Coach or a Certified Faculty Member will not be permitted to compete.
6. All vehicles, including bicycles, will not be permitted in the restricted zones, i.e. the course and adjacent areas. Coaches, runners, non-competing team members and spectators will not be permitted in the restricted zones. Officials will strictly enforce this rule.
7. Individual copies of results on the day of the meet will not be available. A copy will be posted at a convenient location at each site. Results will also be on the internet within a few hours after the meet (www.mctrack.org ; www.lfracing.com ; www.nj.milesplit.com)
8. Bicycles and pets. Schools must be aware that the NJSIAA assumes no responsibility for bicycle accidents or animal bites. The hazards created by pets and bicycles riding amongst the large crowds of people present at all sites during the NJSIAA tournaments are the responsibility of the owners and riders and the schools to whom they are connected.
9. Schools who have any athlete(s) caught violating the areas that are off-limits to runners at any of our sectional sites and/or who are seen taking down the signs will be fined a minimum of \$100.00 (more if any damage is done to the signs or the off-limit area) for the first offense. Any subsequent offense will cause the school to be banned from the park for an entire calendar year, dating from the date of the second offense.

AWARDS

Sectional Meets

A trophy and seven (7) medals to the first-place team; seven (7) medals to the 2nd through 5th place teams; and medals to the first ten (10) individual finishers in each Group in each Section. Awards will be mailed to the school Athletic Director. THERE WILL BE NO POST RACE MEDAL CEREMOIES!

ENTRY PROCESS

Public & Non-Public School Deadline: October 6, 2020

Four components make up an entry:

1. **Online Entry Form on MILE SPLIT!**
2. Entry Fee
3. Electronic Rosters of Maximum of 8 BOYS and/or 8 GIRLS
4. **Online Sportsmanship Declaration** that must be signed by AD/Coach

Entry Form

- A. Entry Form is attached to these regulations. **DO not Mail, fill out online!**
- B. Fill in High School's FORMAL name (i.e. Abraham Clark, not Roselle)

- C. Fill in the Section (North I, North II, Central, South or Non-Public: Not 1 or 2 or North Non-Public) and Group (1, 2, 3, 4, A or B) according to the Cross-Country NJSIAA Classifications that can be found on the NJSIAA Web-site.
- D. CHECK the appropriate entry: TEAM or INDIVIDUALS for Boys and/or for girls. *The same form can be used for both teams.* If you check individuals and send 5 or more runners, no matter what, you cannot win any team awards and your team will not be scored. The team fee is \$140 for a boys' team, and \$140 for a girls' team. If you are entering both, the school needs to send \$280 to cover both teams.

The individual fee is \$20.00 per individual. IF NOT SENDING A TEAM, indicate the number of individual boys and/or girls you will be sending and multiply that figure by \$20.00 to get the amount due. For example if Arts High School plans to enter two boys and two girls, their total fee for both boys and girls would be \$80 (2 x \$20.00 = \$40 for boys; 2 x \$20.00 = \$40 for girls). Suppose Arts was sending a boys team, but three girls, then their total fee would be \$200.00 (\$140 for the boys team + 3 x \$20.00 = \$60 for the three girls).

Checks must be made payable to NJSIAA.

The online entry form must be signed by the Principal, Athletic Director and the Coach to be valid.

Entry Fee

Note: *A voucher that needs to be returned MUST be accompanied by a self-addressed envelope.*

Electronic Roster [Maximum of 8 BOYS and/or 8 GIRLS]

This step requires you to enter your team in the event as shown on the 3rd page of this document.

Remember [Maximum of 8 BOYS and/or 8 GIRLS]. **The day of the Sectionals, you are permitted to make up to 7 changes the day of the meet provided the athletes are listed on the Mile Split Team Roster by the ENTRY DATE. This process of making changes must be done 20 minutes prior to the start of their race.**

It is the coach's responsibility to make sure your team is in and is correct!

NOTE 1: If any of the three parts of this process (roster, entry fee, or entry form) are received, the school will be billed appropriately if the process was completed and/or the team/ individuals actually ran in a meet.

NOTE 2: **Failure to complete the entire process may result in individuals or teams not being allowed to compete.**

**Milesplit Entry ROSTERS must be done by
October 30th, 2020**

Sportsmanship Declaration Form

1. Fill in on the online form the full of the school name in the appropriate space.
2. Read and sign the document electronically.

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION
1161 Route 130, P.O. Box 487, Robbinsville, N.J. 08691
2020 VERIFICATION RETURN

To receive confirmation of fees a SELF-ADDRESSED ENVELOPE AND THIS VERIFICATION FORM must be mailed to Bill Bruno. Please include the following information:

To: Athletic Director
From: NJSIAA Central Office (Public and Non-Public)
RE: Verification of Cross-Country Entry

The _____ Tournament Director has received
(Fill in your Section: e.g. North I, Central, etc.)

_____ High School's
(Fill in your school's name)

[CIRCLE ONE:] <BOYS> <GIRLS> <BOTH> entry for the 2020 NJSIAA Cross-Country Championships.

Check all items sent:

_____ [Circle ONE] <Boys> <Girls> <Both> **[Maximum of 8 BOYS and/or 8 GIRLS]**

_____ [Circle ONE] <Boys> <Girls> <Both> Entry Form(s), completed and signed, is/are enclosed.

_____ [Circle ONE] <Boys> <Girls> <Both> Entry fee(s) (check #(s) _____) is/are enclosed.

_____ [Circle ONE] <Boys> <Girls> <Both> **SPORTSMANSHIP Declaration On Line Form**

_____ Voucher/Purchase order with a self-addressed return envelope is enclosed.

_____ Self-addressed envelope for returning VERIFICATION FORM and/voucher is enclosed.

NOTE: The same self-addressed envelope can be used to return a voucher/purchase order and the VERIFICATION FORM.

Do not write below this line

NJSIAA Central Office (Public and Non-Public)

2020 NJSIAA/ M-F CROSS-COUNTRY CHAMPIONSHIPS

OFFICIAL ENTRY FORM: DO NOT MAIL IN, KEEP FOR YOUR RECORDS!!!!

_____ High School, SECTION _____, GROUP _____,

hereby enters a team **or** individuals in the NJSIAA [Circle ONE] <Boys> <Girls> <Both> Cross-Country Tournament to be held on Saturday, November 7th (Sectional-Public Schools Only), Saturday, November 14th (State Group Championships - All Schools) and Saturday, November 21st (State Championships). **TEAM ENTRY FEE (\$140) MUST BE PAID IN ORDER FOR A SCHOOL TO BE SCORED AS A TEAM.**

Check team **OR** Individual(s) for Boys and/or Girls

<p>_____ Boys Team Entry Fee = \$140</p> <p style="text-align: center;">OR</p> <p>_____ Boys Individual Entry Fee</p> <p>\$20 x _____ = \$ _____ (Number of Individuals) (Total Individual Fee)</p>	<p>_____ Girls Team Entry Fee = \$140</p> <p style="text-align: center;">OR</p> <p>_____ Girls Individual Entry Fee</p> <p>\$20 x _____ = \$ _____ (Number of Individuals) (Total Individual Fee)</p>
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Boys fee Enclosed: _____ + **Girls Fee Enclosed** _____ = _____ **Total Fee Enclosed**

Check(s)/Purchase order(s) # _____

Make checks payable to NJSIAA. Be sure your school's name appears on the check. DO NOT SEND CASH. A self-addressed envelope must accompany vouchers that need to be returned.

Public and Non-Public Schools mail fee (or purchase order), to:

Bill Bruno, NJSIAA XC Championships, 1161 Route 130 North, P.O. Box 487, Robbinsville, NJ 08691

We attest that our school has met or will have met all of the eligibility requirements outlined on page 1 of this document, and that all of the records of any students who will participate in the 2020 NJSIAA/M-F Athletics Cross-Country Tournament have been reviewed and all are in compliance with NJSIAA eligibility regulations.

STAMPED SIGNATURES NOT ACCEPTABLE.

(Signature) PRINCIPAL

(Signature) COACH/CERTIFIED FACULTY MEMBER CP: # _____

(Signature) ATHLETIC DIRECTOR

DEADLINE: ENTRIES CLOSE: PUBLIC & NON-PUBLIC – October 6th, 2020

find your school in the list below, contact the at NJSIAA 609-259-2776

No.	School
441	Absegami, Absecon
700	Academy Charter
521	Acad. of St. Eliz., Conv. Sta.**
511	Academy o/t Holy Angels, Dem.**
321	Allentown
211	Arts, Newark
322	Asbury Park
442	Atlantic City
421	Audubon
4231	Barnegat
241	Barringer, Newark
141	Bayonne
111	Becton Reg., Henry P.
242	Belleville
212	Belvidere
530	Benedictine Academy
150	Bergen Arts & Science Academy
512	Bergen Catholic, Oradell*
131	Bergen Co V/T, Hackensack
132	Bergenfield
311	Bernards, Bernardsville
611	Bishop Ahr, Edison
612	Bishop Eustace Prep, Pennsauken
243	Bloomfield
112	Bogota
213	Boonton
411	Bordentown Reg.
312	Bound Brook
214	Brearley, David, Kennelworth
431	Brick Memorial
443	Brick Township
422	Bridgeton
341	Bridgewater-Raritan
423	Buena Reg.
413	Burlington City
424	Burlington Co. Inst. Tech, Medford
425	Burlington Co.Inst.Tech,Westampton
414	Burlington Township
215	Butler
221	Caldwell, James,
5262	Calvary Christian
432	Camden
420	Camden Academy Charter
613	Camden Catholic, Cherry Hill
426	Camden Co V/T, Pennsauken
433	Camden Co V/T, Sicklerville
415	Cape May Co. V/T
629	Cardinal McCarrick, South Amboy
323	Carteret
430	Cedar Creek
216	Cedar Grove
434	Central Reg., Bayville

No.	School
222	Central, Newark
223	Chatham
444	Cherokee, Marlton
445	Cherry Hill East
446	Cherry Hill West
614	Christian Bros. Acad., Lincroft*
427	Cinnaminson
224	Clark, Abraham, Roselle
416	Clayton
435	Clearview Reg., Mullica Hill
133	Cliffside Park
142	Clifton
428	Collingswood
331	Colonia
313	Colts Neck
244	Columbia, Maplewood
231	Cranford
3122	CREATE Charter
113	Cresskill
436	Cumberland Reg., Seabrook
217	Dayton Reg., Jonathan
324	Delaware Valley Reg.
513	Delbarton, Morristown*
429	Delran
437	Delsea Reg., Franklinville
514	DePaul Diocesan, Wayne
4210	Deptford Township
143	Dickinson, William L., J.C.
703	Doane Academy
515	Don Bosco Prep, Ramsey*
226	Dover
121	Dumont
314	Dunellen
523	Dwight Englewood
342	East Brunswick
232	East Orange
245	East Side, Newark
524	Eastern Christian
447	Eastern, Voorhees
144	Eastside, Paterson
343	Edison
438	Egg Harbor Twp.
246	Elizabeth
123	Elmwood Park Memorial
114	Emerson Jr.-Sr., Emerson
218	Essex Co V/T, Bloomfield
227	Essex Co V/T, Market St., Newark
228	Essex Co V/T, N.13th St., Newark
240	Essex Co V/T, West Caldwell
332	Ewing, Trenton
145	Fair Lawn
146	Ferris, Jersey City

No.	School
417	Florence Township Memorial
135	Fort Lee
333	Franklin, Somerset
325	Freehold Borough
344	Freehold Township
136	Garfield
4211	Gateway Reg.
5230	Gill St. Bernard
418	Glassboro
219	Glen Ridge
115	Glen Rock Senior
615	Gloucester Catholic
4212	Gloucester City Jr. - Sr.
4150	Gloucester Co. Institute of Tech.
229	Gov. Livingston Reg., Berk. Hgts.
147	Hackensack
2210	Hackettstown
4213	Haddon Heights
419	Haddon Township, Westmont
4110	Haddonfield Memorial
345	Hamilton East (Steinert)
334	Hamilton North (Nottingham)
335	Hamilton West, Trenton
4214	Hammonton
2211	Hanover Park, East Hanover
124	Harrison
116	Hasbrouck Heights
125	Hawthorne
525	Hawthorne Christian Academy
137	High Point Reg., Sussex
315	Highland Park
449	Highland Reg., Blackwood
336	Hightstown
346	Hillsborough, Belle Mead
2212	Hillside
138	Hoboken
326	Holmdel
616	Holy Cross, Delran
518	Holy Family Academy**
617	Holy Spirit, Absecon
126	Hopatcong
327	Hopewell Valley Central,
347	Howell, Farmingdale
519	Hudson Catholic, Jersey City*
118	Hudson Co. High Tech, North Bergen
117	Hudson Co. Prep., Jersey City
316	Hudson Reg., Henry, Highlands
348	Hunterdon Central, Flemington
5110	Immaculata, Somerville
526	Immaculate Conception, Lodi**
527	Immaculate Conception, Montclair
5111	Immaculate Heart Acad**

No.	School
127	Indian Hills, Oakland
247	Irvington
2340	Jackson Liberty
4410	Jackson Memorial
2213	Jefferson Township, Oak Ridge
2214	Johnson Reg., Arthur L., Clark
317	Keansburg
148	Kearny
702	Kearny Christian
328	Kennedy Mem., John F., Iselin
149	Kennedy, John F., Paterson
528	Kent Place**
318	Keyport
4215	Kingsway Reg., Swedesboro
2110	Kinnelon
128	Kittatinny Reg., Newton
550	Koinonia Academy
439	Lacey Twp, Lanoka Harbor
5227	Lacordaire
139	Lakeland Reg., Wanaque
4310	Lakewood
337	Lawrence, Lawrenceville
451	LEAP Academy Charter
1310	Lenape Valley Reg., Stanhope
4411	Lenape, Medford
119	Leonia
1410	Lincoln, Jersey City
248	Linden
4131	Lindenwold
249	Livingston
129	Lodi
338	Long Branch
4311	Lower Cape May Reg.
1210	Lyndhurst
2111	Madison
1211	Mahwah
4312	Mainland Reg., Linwood
349	Manalapan, Englishtown
329	Manasquan
1212	Manchester Reg., Haledon
4216	Manchester Township
319	Manville
4111	Maple Shade
529	Marist, Bayonne
3410	Marlboro
6620	Marylawn of the Oranges
5210	Mary Help of Christians Acad.**
339	Matawan Reg., Aberdeen
621	Mater Dei, New Monmouth
1110	McNair Academic, Jersey City
1411	Memorial, WNY
3110	Metuchen
4313	Middle Twp., Cape May Ct. Hse
3111	Middlesex

No.	School
3150	Middlesex County Academy
3210	Middlesex Co V/T, E.Brunswick
3112	Middlesex Co V/T, Perth Amboy
3113	Middlesex Co V/T, Piscataway
3114	Middlesex Co V/T, Woodbridge
3411	Middletown North
3310	Middletown South
1111	Midland Park
233	Millburn
4412	Millville Senior
3311	Monmouth Reg., Tinton Falls
3312	Monroe Township, Jamesburg
2410	Montclair
5211	Montclair Kimberly Acad., Mont.
3115	Montgomery, Skillman
234	Montville
4217	Moorestown
623	Moorestown Friends
5212	Morris Catholic, Denville
120	Morris Co. Vo-Tech
235	Morris Hills, Rockaway
2411	Morris Knolls, Rockaway
236	Morristown
5229	Morristown-Beard
122	Morrow, Dwight - Englewood
5112	Mother Seton Reg., Clark**
5113	Mount St. Dominic Acad.**
5114	Mount St. Mary Acad.**
2112	Mountain Lakes
618	Msgr. Donovan, Toms River
237	Mt. Olive, Flanders
3313	Neptune
3211	New Brunswick
4130	New Egypt
1112	New Milford
2113	New Providence
5213	Newark Academy
4198	Newark Collegiate Charter
704	Newark Vocational
1213	Newton
1113	North Arlington
1412	North Bergen
3314	North Brunswick Township
3315	North Hunterdon, Annandale
3212	North Plainfield
2121	North Star Academy Charter
2114	North Warren Reg., Blairstown
4218	Northern Burlington Reg.
1311	Northern Highlands Reg., Alndl.
1312	Northern Valley Reg. - Demarest
1313	Northern Valley Reg. - Old Tappan.
619	Notre Dame, Lawrenceville
238	Nutley
5214	Oak Knoll, Summit**

No.	School
4314	Oakcrest, Mays Landing
4315	Ocean City
3316	Ocean Township, Oakhurst
631	Och, Golda Academy
3412	Old Bridge
239	Orange
5215	Oratory Prep, Summit*
624	Our Lady of Mercy Acad**
4413	Overbrook Senior, Pine Hill
1114	Palisades Park Jr. - Sr.
4112	Palmyra
1413	Paramus
5115	Paramus Catholic
1115	Park Ridge
2310	Parsippany
2311	Parsippany Hills, Parsippany
1214	Pascack Hills, Montvale
1314	Pascack Valley, Hillsdale
1414	Passaic
1415	Passaic Co V/T, Wayne
1315	Passaic Valley Reg., L. Falls
4190	Paterson Charter Sci & Tec
6110	Paul VI, Haddonfield
4113	Paulsboro
4316	Pemberton Township
4114	Penns Grove, Carney's Point
4414	Pennsauken
4115	Pennsville
2215	Pequannock Township, Pmptn. Pls.
3413	Perth Amboy
2412	Phillipsburg
4317	Pinelands Reg., Tuckerton
5116	Pingry School, Martinsville
3414	Piscataway
4116	Pitman
2413	Plainfield
4219	Pleasantville
4117	Point Pleasant Beach
4220	Point Pleasant Boro
1215	Pompton Lakes
5117	Pope John XXIII, Sparta
3317	Princeton
5118	Queen of Peace Reg.
2216	Rahway
1316	Ramapo, Franklin Lakes
1216	Ramsey
4415	Rancocas Valley Reg.
2414	Randolph
5139	Ranney
3213	Raritan, Hazlet
6111	Red Bank Catholic
3318	Red Bank Reg., Little Silver
3214	Ridge, Basking Ridge
1116	Ridgefield Memorial
1217	Ridgefield Park Jr. - Sr.

No.	School
1416	Ridgewood
1218	River Dell Regional, Oradell
4118	Riverside
3230	Robbinsville
5119	Roselle Catholic
2115	Roselle Park
2415	Roxbury, Succasunna
3215	Rumson Fair Haven Reg.,
5130	Rutgers Prep
1219	Rutherford
625	Sacred Heart, Vineland
1117	Saddle Brook
6234	Saddle River Day
5219	Saint Anthony, Jersey City
626	Saint Augustine Prep, Richland*
5121	Saint Dominic Acad., Jersey City**
6112	Saint John Vianney, Holmdel
5122	Saint Joseph Reg., Montvale*
628	Saint Joseph, Hammonton
6113	Saint Joseph, Metuchen*
5221	Saint Mary of the Assumption, Eliz.
5222	Saint Mary's, Jersey City
5223	Saint Mary's, Rutherford
5224	Saint Patrick's, Elizabeth
5123	Saint Peter's Prep, Jersey City*
6211	Saint Rose, Belmar
701	Saint Vincent Academy
4119	Salem
4120	Salem Co. V/T
3415	Sayreville War Memorial
4221	Schalick, Arthur P., Elmer
5220	Schechter, Solomon-West Orange
2116	Science Park, Newark
2312	Scotch Plains-Fanwood
1118	Secaucus
4240	Seneca
5120	Seton Hall Prep, West Orange*
2314	Shabazz, Malcolm X, Newark
4416	Shawnee, Medford
3116	Shore Reg., West Long Branch
1317	Snyder, Jersey City
3117	Somerset Co. V/T
3216	Somerville
3118	South Amboy
3416	South Brunswick, Mon. Junct.
3119	South Hunterdon Reg., Lmbtv.
3217	South Plainfield
3120	South River
4417	Southern Reg., Manahawkin
1318	Sparta
3121	Spotswood
4222	Sterling, Somerdale
3417	Stevens, J.P., Edison
2217	Summit
1220	Sussex Co V/T, Sparta
1417	Teaneck
2117	Technology, Newark
1319	Tenafly

No.	School
4323	Timber Creek
4418	Toms River East
4419	Toms River North
4318	Toms River South
622	Trenton Catholic Academy
3418	Trenton Central
5249	Timothy Christian
5250	Trinity Christian
5260	Trinity Hall
4420	Triton Reg., Runnemede
2416	Union
5124	Union Catholic Reg., Sco. Pls.
1418	Union City
230	University Academy Charter
2118	University, Newark
1419	Vernon Township
2119	Verona
5225	Villa Walsh Acad., Morristown**
4421	Vineland
705	Visions Academy
3218	Voorhees, Glen Gardner
1119	Waldwick
3319	Wall
1120	Wallington
1221	Walkkill Valley Reg., Hamburg
5131	Wardlaw-Hartridge
2315	Warren Hills Reg.
4422	Washington Township, Sewell
3320	Watchung Hills Reg., Warren
1320	Wayne Hills, Wayne
1420	Wayne Valley, Wayne
1121	Weehawken
2218	Weequahic, Newark
4319	West Deptford Twp., Westville
2219	West Essex, North Caldwell
1421	West Milford Township
2316	West Morris Central, Chester
2220	West Morris Mendham
2417	West Orange
2221	West Side, Newark
3330	West Windsor-Plainsboro NORTH
3420	West Windsor-Plainsboro, South
2317	Westfield
1222	Westwood Reg. Jr. - Sr.
2120	Whippany Park, Whippany
4121	Wildwood
6212	Wildwood Catholic
4320	Williamstown
4321	Willingboro
448	Winslow Township
3419	Woodbridge
4122	Woodbury
1223	Wood-Ridge
4322	Woodrow Wilson, Camden
4223	Woodstown

