

Arrival for Ocean County park 8:45 am

Monmouth/Ocean County Parochial XC League

2008 MEET SCHEDULE

DATE	LOCATION	TIME	MEET
Sept 14*	Ocean County Pk	9:00 AM	Practice Meet
Sept 21*	Ocean County Pk	9:00 AM	Development
September 28*	Ocean County Pk	9:00 AM	Development
October 5	Allaire State Park	10:00 AM	NJ Shore XC Champs
October 12*	Ocean County Pk	9:00 AM	Development Pee Wee Champs
October 19*	Ocean County Pk	9:30 AM	CHAMPIONSHIP
October 26	Ocean County Pk	10:00 AM	Shore AC
November 2	St. Rose	9:30 AM	Run for the Roses

* LEAGUE MEETS (10/5 meet run by SCAC)

Juniors and Seniors must run at least one (1) meet prior to the Championship 9/21–10/12.

Pee- Wees approx 500 yards (race per grade)

Juniors 1 mile

Seniors 1.5 miles

Race Times (9/14, 9/21, 9/28 & 10/12):

K 9:15

1st 9:20

2nd 9:25

3rd 9:30

Jr Girl 9:35

Jr Boy 9:50

Sr Girl 10:05

Sr Boy 10:25