

# UNION COUNTY ATHLETIC CONFERENCE

Union County Athletic Directors + Cross Country Coaches **ATHLETIC DIRECTORS: PLEASE SEE THAT YOUR CROSS COUNTRY COACHES GET THIS MATERIAL**

From: Joseph Pisauro, Cross Country Chairperson

Re: 2009 Union County Conference Championship Meet. Listed below is the information on the 2009 UCC Cross-Country Championships. **Please Forward a copy to your Cross Country Coaches**

**TO ENTER YOU MUST SEND A COPY OF YOUR FULL TEAM ROSTER TO: Tim Styler at: [Rosters@njraces.com](mailto:Rosters@njraces.com) He MUST have this by MONDAY, OCTOBER 12, 2009 This MUST be done with the HY-TEC System that you use to submit entries to the state. You CANNOT compete if your roster is not in. There will be ABSOLUTELY **NO CHANGES** to the ROSTERS on RACE DAY!**

1. Date of Meet: Tuesday, October, 20, 2009 (Rain date: Wednesday, October 21, 2009)

2. Site of Meet: Warinanco Park **DUAL MEET COURSE** Elizabeth + Roselle, NJ

Race Schedule: 2:00 Varsity Boys Valley Division All Varsity Races 5K Each year the GENDERS will REVERSE the ORDER OF START and the DIVISIONS will ROTATE!!  
2:20 Varsity Boys Mountain Division  
2:40 Varsity Boys Watchung Division  
3:00 Varsity Girls Valley Division  
3:25 Varsity Girls Mountain Division  
3:50 Varsity Girls Watchung Division  
4:15 Junior Varsity Boys Race Junior varsity races 5K  
4:40 Junior Varsity Girls Race  
5:10 Freshmen Boys and Girls Combined Race 3.38K (2.1 Miles)

(Teams should be ready for scheduled starting times. (Races will go off **EXACTLY ON TIME!!**)

4. Awards:
- A) Team Championships trophies to varsity divisional champion in Boys and Girls Races
  - B) Medals to first Ten (10) finishers in each Boys Varsity Championship Race. (3 X 10)
  - C) Medals to first Ten (10) finishers in each Girls Varsity Championship Race (3 X 10)
  - D) Gold, Silver, and Bronze medals to the First, Second, and Third place Teams in Varsity races  
Three sets each for Mountain, Valley, and Watchung Division
  - E) Medals to the first TEN boys and the First Ten girls in the Two Sub-Varsity Races
5. Scoring will be in the NORMAL manner. The Computer will score all races. Teams not FINISHING at least FIVE will NOT be ranked for scoring. There is no need to declare if you are running more or less than five. The computer will take care of scoring! **YOU MUST RUN YOUR BEST SEVEN RUNNERS IN THE VARSITY RACE BEFORE YOU CAN RUN OTHERS IN THE JUNIOR VARSITY. ANY FRESHMEN MAY RUN IN THE FRESHMEN RACE IF YOU WISH!**

6.	<b><u>VALLEY DIVISION BOYS</u></b> David Brearley Jonathan Dayton New Providence Oratory School Roselle Roselle Catholic	<b><u>MOUNTAIN DIVISION BOYS</u></b> Cranford Governor Livingston Hillside A.L. Johnson Rahway Summit Union Catholic	<b><u>WATCHUNG DIVISION BOYS</u></b> Elizabeth Linden Plainfield Scotch Plains Fanwood Union Westfield
	<b><u>VALLEY DIVISION GIRLS</u></b> David Brearley Jonathan Dayton Kent Place New Providence Oak Knoll Roselle Roselle Catholic	<b><u>MOUNTAIN DIVISION GIRLS</u></b> Cranford Governor Livingston Hillside A.L. Johnson Rahway Summit Union Catholic	<b><u>WATCHUNG DIVISION GIRLS</u></b> Elizabeth Linden Plainfield Scotch Plains Fanwood Union Westfield

Questions: Call Wayne Letwink, Meet Director at (908) 232-0966 [wayne.letwink@comcast.net](mailto:wayne.letwink@comcast.net)