



# HIGH SCHOOL OF AMERICAN STUDIES CROSS COUNTRY RACE SCHEDULE 2008



All of These Races Are at VanCortlandt Park We Will Always Meet at Our  
Entrance North of the Finish Line Area on Broadway.

**REVISIED!!!**  
May 2009 **Varsity Race** on Sunday October 3<sup>rd</sup> beginning at 10:15AM: *All races this day are 2.5 miles except Frosh races are 1.5 miles. Because the races are staggered athletes may arrive for their race only on this day. Do not be late or it will affect your performance.*

- This meet will bring together runners from the New York City PSAL, CHSAA and AIS for a day of spirited competition for boys and girls
- **Varsity Race** - There is a limit of seven runners per school. The race distance is 2.5 miles. The top three teams will receive team plaques and t-shirts. The top 35 individual finishers will receive medals.
- **Open Race** - There is a limit of seven runners per school. The race distance is 2.5 miles. The top three teams will receive team plaques and t-shirts. The top 35 individual finishers will receive medals.

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**Men Boys ARRIVE NO LATER THAN 10:00AM:** All freshmen men athletes are invited.

**Sophomore Men ARRIVE NO LATER THAN 10:15AM:** All sophomore men athletes are invited.

**Men's Grand Prix III on Tuesday October 6<sup>th</sup>, 4:00PM** - All Upper Classmen are expected to run. Freshmen will run 1.5 miles after all other team members run a 5k (3.1 miles).

- Medals will be awarded to the top 15 finishers in each race.
- Runners will not be allowed on the starting line without their assigned PSAL number. Roster entry deadlines are at noon the Thursday prior to the event. New roster numbers are distributed at championship PSAL meets. Coaches will be sure to bring assigned numbers to all week day events.

**NYRR's Race on Sunday October 11<sup>th</sup>,** All Upper Classmen are invited to run. This is a last minute addition and an opportunity to get a 5k race in before the Borough Championships since the new date has been set for the Borough Championships. If athletes are available and want this opportunity then they'll race.

**BRONX Soph & Frosh Champs: Frosh distance is 1.5 miles & Soph distance is 2.5 miles.**

- Medals will be awarded to the top 15 finishers in each race.
- Trophies will be awarded to the top three teams in each race.
- To gain credit for the meet, a school must have a minimum of six runners finish.

**Men on Tuesday October 13<sup>th</sup> @ 4:00PM & Women on Wednesday October 14<sup>th</sup> @ 4:00PM**

All Frosh & Soph team members are expected to run on their assigned days.

**Neil Seiden Memorial Run on October 17<sup>th</sup>:** Order of events (First race begins at 12:00 - girls will precede boys): Soph 2.5, Varsity 3.1, JV 2.5. One varsity team per school; unlimited entry in all other events.

This race has an admission fee that our team fund will cover. 7 Soph, 7 Varsity(?) and 5 JV athletes

**Grand Prix IV on Tuesday October 20<sup>th</sup>, 4:00PM** - All Upper Classmen are expected to run. Freshmen will run 1.5 miles after all other team members run a 5k (3.1 miles).

- Medals will be awarded to the top 15 finishers in each race.
- Runners will not be allowed on the starting line without their assigned PSAL number. Roster entry deadlines are at noon the Thursday prior to the event. New roster numbers are distributed at championship PSAL meets. Coaches will be sure to bring assigned numbers to all week day events.

**BRONX Borough Champs on Tuesday October 27<sup>th</sup>, 4:00PM:**

*The top 7 runners as of 10/21 will run Varsity.*

- All Borough Championship meets will consist of a varsity race limited to seven runners from each school and a Junior Varsity race for all other runners.
- A school must start a minimum of five runners in order to participate in the varsity championship race.
- In order for a school to participate in the JV championship race they must have started seven runners in the varsity championship race. In the JV championship race a school may have any number of participants.
- Assigned PSAL numbers must be worn by all athletes. Numbers will be issued the day of the race.
- Awards will be distributed according to the following schedule:
  - o **Varsity Race: Individuals** - Medals to places 1-20 **Teams** - Plaques to places 1-3
  - o **Junior Varsity Race: Individuals** - Medals to places 1-20 **Teams** - Plaques to places 1-3

**Varsity Men Arrive at 3:30pm** - The top 7 men on the team as of Tuesday October 21<sup>st</sup>, 2009.

**Junior Varsity Men Arrive at 3:30PM** - ALL ATHLETES not among running the Varsity race on the team.



## Soph & Frosh Citywide PSAL Championships on Saturday November 7<sup>th</sup>, 2009:

- All Frosh and Soph runners, including incomplete teams, will be permitted to run in the respective championship races. Only the top five finishers from teams will be scored to determine the total for team awards. The places of athletes from incomplete teams will be deleted from the results when team point totals are being determined.
- All athletes must wear their assigned PSAL numbers. Numbers will be distributed the morning of this event.
- Medals will be awarded to the top 40 finishers in each race. Plaques will be awarded to the top three teams in each of the four divisions. Seven team medals will be awarded to the top three teams in each of the four divisions.
- Freshman will run the 1.5 mile course. Sophomores will run the 2.5 mile course.

**Freshmen Boys ARRIVE NO LATER THAN 1:30PM:** All freshmen men athletes are invited.

**Sophomore Men ARRIVE NO LATER THAN 2:00PM:** All sophomore men athletes are invited.

## New York City PSAL Championships on Saturday November 14<sup>th</sup>, 2009:

*The top 7 runners as of 11/8 will run Varsity.*

- Schools competing in the team race must have competed in their borough championship and finish in the top 25% of the teams that competed. In addition, a team that, at the borough championship, runs a five person average equal to or better than the five person average of the slowest automatic qualifier from all borough championship races is eligible to participate in the team championship race
- All athletes not on a qualifying team may compete in the Individual race. (There is no limit to the amount of individuals your school can enter in this race.)
- All races will be 5K. All participants must wear their assigned PSAL number. Numbers will be distributed prior to the start of the event. Only teams that qualified for the team race and started 7 runners will be allowed to run a team/individual) in the J.V. race.
- Athletes competing in the Individual race are eligible to qualify for the NYS Federation Meet.
- Plaques will be awarded to the top 3 teams in both the Varsity and J.V. Championship team races. Banners will be awarded to the Varsity team winners. Medals will be awarded to the top 30 in the individual and team race and to the top 25 in the J.V. race. The top 6 teams will receive team medals in the Varsity team and J.V. team race.
- Top 4 teams in the team race automatically qualify for the NYS Federation Championship.

**Varsity Men Arrive at 10:00am** - The top 7 men on the team as of Monday November 9<sup>th</sup>, 2009.

**Junior Varsity Men Arrive at 10:15am** - ALL ATHLETES not among those running the Varsity race on the team.

## All Competitions & Meets

- Mandatory Dress - Running Training Shoes; UNIFORM Sweats; white socks; t-shirt; athletic support; Full UNIFORM worn under sweats; Plastic Water Bottle. No jewelry is ever to be worn during a competition.
- Optional Dress - Running Waffles. (No Boxers ever)

*(All mandatory attire must be worn through stretching & warm-up; Uniforms are visible only during actual races; Uniforms are to be clean and unwrinkled)*



**By Public Transportation:** Van Cortlandt Park is served by the Subway numbers 1 & 9 trains as well as the Bx9 bus, which all stop at West 242nd Street. Walk up Broadway past the tennis courts and the pool. Look for the rabbit and tortoise statue.

*The Number 2 on the map to the left is where we gather an hour before our races.*

## The Park

**By Car:** Take the Major Deegan Expressway to the Van Cortlandt Park South exit. Off the northbound exit ramp, make a right turn and head west to Broadway. Turn right on Broadway and look for the tortoise and Hare statue on Broadway.

Or come up Broadway and look for street parking. Look for the rabbit and tortoise statue on your right if traveling north on Broadway.

## Check the Web too:

[http://www.nycgovparks.org/sub\\_your\\_park/vt\\_van\\_cortlandt\\_park/vt\\_van\\_cort\\_park.html](http://www.nycgovparks.org/sub_your_park/vt_van_cortlandt_park/vt_van_cort_park.html)

