



2022-23 NJSIAA Boys and Girls Cross Country Team Tournament

The NJSIAA reserves the right to adjust, change or cancel dates, times, and locations for all NJSIAA State tournaments. Schools entering the tournament will not be granted a change of date/time due to any conflicts with school trips, proms, banquets, SATs, graduation, and the like. In addition, all schools competing in this tournament must adhere to the NJSIAA state tournament COVID-19 policy which can be found on our website under current resources or by following this link: <https://www.njsiaa.org/sites/default/files/documents/2021-11/njsiaa-state-tournament-policy.pdf>

Member schools not willing or able to comply with all tournament regulations should not enter the tournament. Member schools will not be eligible to participate in any NJSIAA Championship Tournament if it has violated the NJSIAA Constitution, Bylaws, Rules, Regulations, Guidelines, Policies, and Procedures.

In all tournaments conducted by the NJSIAA, each member school must compete in its own group and section classification, unless fewer than eight (8) schools qualify. In that case, the Executive Committee may combine one or more groups. When the committee eliminates sectional championships because of an insufficient number of schools qualifying, the State Group Championships will be conducted on a statewide quartile basis or State Championships may be conducted without regard to Groups or Division.

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

The NFHS Track and Field/XC rules along with any NJSIAA Track and Field/XC rule modifications will govern this tournament.

NJSIAA Director of XC

Al Stumpf

Phone: (609) 259-2776

Email: astumpf@njsiaa.org

Tournament Director

Marty Holleran

732-567-0969

Metuchen2003@yahoo.com

NJSIAA Rules Interpreter

Carl Rickershauser

Phone: 609-471-0497

Email: rickershauser@comcast.net

New for this year's state tournament

1. Any athlete transferring into your school after opening day of XC will not be eligible to participate.
2. ***New for the Public Sectional Meet advancement to the Group Meet- Top 15 fastest runners in each Group (1, 2, 3 and 4) will advance from the Sectional to the Group Meet. Top 10 fastest runners in each group will medal.***
3. ***Group meets only – starting time will be 9:30 am***
4. Group meets only – award ceremony- awards will be presented by combining the girls and boys. For example- group 1 boys followed by group 1 girls in the same time slot.
5. ***New qualification standards:***
To qualify for the Meet of Champions a runner /team must fall into one of the four categories:
 1. ***Be a member of the first-place team in each Group.***
 2. ***Be a member of the eight (8) at- large teams (wildcards) as determined through the merger process. These teams will be the non- group winning teams whose top five (5) runners have the eight (8) best total team times of all the teams from all the Group races in the merger.***
REMINDER: PLACE OF TEAM FINISH TAKES PRECEDENCE OVER TIME OF FINISH.
Example- After the merger process these are the teams with the total times and places in their Group:
A- 1:15.2 second place

B- 1:15.3 fourth place

C- 1:16.4 third place

The preference of advancement of the teams would be A, C and then B.

3. Be in the top ten (10) fastest runners in each Group.

4. Be in the next thirty (30) individuals with the fastest times across all Groups who have not already qualified via their teams. (Wild cards)

6. Coaches and teams will be allowed eight pre-entries for the sectional, groups, and MOC, however, on the day of the meet coaches can make up to seven entry changes provided the athletes being inserted are on the Milesplit team roster by the entry date.
7. All teams must check in at least 20 minutes before the start of their races. Failure to do so will result in a disqualification from the race.
8. Holmdel Park – use of the park prior to the state championships- please go to the cross-country website- www.njsiaa.org – there will be a link with instructions about using the park for practices. Do not just show up and use the park.

Cross Country Tournament Dates

Event	Dates	
First Practice:	August 22, 2022	
First Scrimmage:	August 29, 2022	
Opening Day:	September 8, 2022	
Transfer Date:	September 8, 2022	
MileSplit Opens:	October 1, 2022	
MileSplit Close:	October 21, 2022	
Regular Season Competition Ends:	November 13, 2022,	
Post Season Meeting:	TBA	
State Sectionals	Dates	Location
North I	October 29, 2022	Garret Mountain,
North II	October 29, 2022	Oak Ridge Park
Central	October 29, 2022	Thompson Park
South	October 29, 2022	Dream Park
State Group Championships	Dates	Location
All Groups	November 5, 2022	Holmdel Park
Meet of Champions	Dates	Location
Boys & Girls	November 12, 2022	Holmdel Park

To Qualify for the Team Tournament

1. Your cross-county schedule must show that sixty percent (60%) of your competition was against NJ schools.
2. Any player with two (2) or more disqualifications in the current season, prior to the start of the tournament, will be unable to compete in the state tournament.
3. Any varsity team accumulating three (3) or more player or coach disqualifications prior to the start of the tournament will not be permitted to participate in the state tournament. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.

Entry Procedure

1. All varsity scores must be reported to www.njschoolsports.com as soon as possible after each contest. If you encounter problems, please contact hssupport@njadvancemediacom.
2. Teams and Individuals must be entered on MileSplit NJ by the date listed above.
3. All directions for claiming and entering your team or individuals will be listed on the NJSIAA website under sports menu then cross country.
4. The entry process will be paperless going forward. **Upon your entry on MileSplit, a voucher will be**

generated (from MileSplit) for your school which can be used as your invoice for payment. This is different from an official NJSIAA invoice which will be sent to you upon completion of the tournament if payment has not yet been received.

Entry Fee

- \$140.00 per team/per gender (\$280 for boys and girls), \$20.00 per individual/per event.
- Payable to the NJSIAA (Please note XC Tournament).
- Forward all entry fees to: NJSIAA, 1161 Route 130 North, Robbinsville, NJ 08691

Tournament Rules & Information

1. Please direct all questions regarding the entry procedure to your sectional meet director or the NJSIAA director for cross country.
2. Contestants who appear at sectionals, state group championships, or state championships without their coach (or certified member of the faculty) will be disqualified.
3. Since there is no qualification necessary for entry, coaches are urged to submit entries and rosters well in advance of the deadline. **Entries not received by the due date will not be accepted.**
4. Non-Public Schools, A & B will not compete in Sectional competition; however, they will compete in the State Group Championships.
5. Non-Public Boys and Girls schools will be classified together, therefore, it is possible for a dual-gender school to be in the same group and section for boys and girls.
6. 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. MileSplit rosters may be updated by the date listed above.
7. School entering individuals and not presently competing on an interscholastic basis must be accompanied by someone in a coaching capacity must be properly certified and appointed by the Board of Education. If a chaperone is used to accompany the athlete, written authority from the school's Principal must be presented
8. Meets will be postponed ONLY when threats of severe weather, such as thunderstorms, are forecast. If you have any doubt about meet changes, check the NJSIAA website: www.njsiaa.org, or call your meet director.
9. There shall be no appeal or waiver for advancement from one level of the championships to another regardless of reason.
10. Failure to be present at the time the event is called due to transportation problem, misunderstanding of instructions, tournament regulations, injury or illness will result in disqualification.
11. At the sectional championships, public schools may alter their roster the day of the meet up to seven runners. **However, all those names must be already entered in the team roster on MileSplit.** No Day of Meet name 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.
12. At the state Championships, non-public schools only may alter their roster the day of the meet up to seven runners. However, all those names must be already entered in the Team Roster of Mile Split. No Day of Meet name 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.
13. Scoring (including ties) will be based on the NFHS Rules. 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.
14. 40 minutes after the start of any race in the cross-country tournament (Sectionals, Group Meet, and Meet of Champions), the race will be declared official, and no additional scoring will take place.
15. Any runner disqualified will be removed from the team roster and may not be replaced.
16. 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.
17. **Qualifying standards from the Group Meet to the Championship Meet (MOC):**
To qualify for the Meet of Champions a runner/team must fall into one of the four categories:
 1. **Be a member of the first-place team in each Group.**
 2. **Be a member of the eight (8) at- large teams (wildcards) as determined through the merger process. These teams will be the non- group winning teams who's top five (5) runners have the eight (8) best total team times of all the teams from all the Group races in the merger.**
REMINDER: PLACE OF TEAM FINISH TAKES PRECEDENCE OVER TIME OF FINISH.
Example- After the merger process these are the teams with the total times and places in their Group:

- A- 1:15.2 *second place*
- B- 1:15.3 *fourth place*
- C- 1:16.4 *third place*

The preference of advancement of the teams would be A, C and then B.

3. *Be in the top ten (10) fastest runners in each Group.*
4. *Be in the next thirty (30) individuals with the fastest times across all Groups who have not already qualified via their teams. (Wild cards)*

Awards- Only NJSIAA Awards will be awarded at each meet.

Sectional Meets

A trophy and ten (10) certificates to the first-place team in each section and group. Medals to the top ten (10) individual finishers in each section and group

State Group Championships

A trophy and ten (10) certificates to the first-place team in each group. Medals to the top ten (10) individual finishers in each group.

Meet of Championships

A trophy to the individual first place finisher and medals to the 2nd through 20th place individual finishers.

Seven (7) medals to the first-place team; seven (7) medals to the second and third place teams.

Assignors

The NJSIAA will assign all officials for all tournament meets.

Officials Fees

The NJSIAA will compensate all officials

State Sectional Tournament Schedule

Sectional Championships – Saturday, October 29th, 2022						
North I: Garrett Mountain, West Paterson, NJ			North II: Oak Ridge Park, Clark, NJ			
Meet Director: Victor Wu			Meet Director: Robert Byrnes			
Phone: (201) 554-3560			Phone: (973) 980-8568			
E-mail: vwuxc1@gmail.com			E-mail: bob.byrnes48@hotmail.com			
Central: Thompson Park, Monroe, NJ			South: Dream Park, Logan Township, NJ			
Meet Director: Marty Holleran			Meet Director: Kathy Hunter			
Phone: (732) 567-0969			Phone: (609) 707-3138			
E-mail: metuchen2003@yahoo.com			E-mail: kholdmoron@gmail.com			
Start Times for all Sectional Championships						
10:00	Group 2	Boys	12:00	Group 1	Boys	
10:30	Group 4	Boys	12:30	Group 3	Boys	
11:00	Group 2	Girls	1:00	Group 1	Girls	
11:30	Group 4	Girls	1:30	Group 3	Girls	

Meet Notes:

Non-Public Schools, A & B will not compete in Sectional competition; however, they will compete in the State Group Championships.

Public Schools Advancement– The first five (5) teams plus the first fifteen (15) place runners in each group in each Section will qualify for the State Group Championships. **At the Sectional level- medals will be awarded to the fastest 10 runners in the Section, the next 5 runners in each Section will qualify to move on to the Group Championship but no medals will be awarded for places 11 through 15.**

At the sectional championships, public schools may alter their roster the day of the meet up to seven runners. However, all those names must be already entered in the team roster on MileSplit. No day of the Meet name 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.

State Group Championships Tournament Schedule

State Group Championships – Saturday, November 5 th , 2022								
Holmdel Park, Holmdel, NJ								
Meet Director: Marty Holleran								
Phone: 732 567-0969								
E-mail: Metuchen2003@yahoo.com								
Start Times for State Group Championships								
9:30	Non-Public A	Boys	11:30	Group 3	Boys	1:30	Group 4	Boys
10:00	Group 2	Boys	12:00	Group 1	Boys	2:00	Non-Public B	Boys
10:30	Non-Public A	Girls	12:30	Group 3	Girls	2:30	Group 4	Girls
11:00	Group 2	Girls	1:00	Group 1	Girls	3:00	Non-Public B	Girls

Meet Notes:

Qualifying from the Group Meet to the MOC:

To qualify for the Meet of Champions a runner/team must fall into one of the four categories:

- 1. Be a member of the first-place team in each Group.**
- 2. Be a member of the eight (8) at- large teams (wildcards) as determined through the merger process. These teams will be the non- group winning teams whose top five (5) runners have the eight (8) best total team time of all the teams from all the Group races in the merger.**

REMINDER: PLACE OF TEAM FINISH TAKES PRECEDENCE OVER TIME OF FINISH.

Example- After the merger process these are the teams with the total times and places in their Group:

A- 1:15.2 second place

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C- 1:16.4 third place

The preference of advancement of the teams would be A, C and then B.

- 3. Be in the top ten (10) fastest runners in each Group.**
- 4. Be in the next thirty (30) individuals with the fastest times across all Groups who have not already qualified via their teams. (Wild cards)**

At the state Group Championships, non-public schools only may alter their roster on the day of the meet 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.

Non-Public Boys and Girls will be classified separately into North and South Group A and Group B; therefore, it is possible for a dual-gender school to be in one group for boys and a different group for girls. These classifications can be found on the Cross-Country website.

State Group Championships Award Ceremony Approximate Time Schedule

11:15 – Non-Public A – Boys followed by Girls	1:45 - Group 1 – Boys followed by Girls
11:45 - Group 2 - Boys followed by Girls	3:15 - Group 4 - Boys followed by Girls
1:15 - Group 3 - Boys followed by Girls	3:45 - Non-Public B - Boys followed by Girls

Coaches should encourage all award winners (anyone receiving a medal as a team member or individual place medal) to report to the staging area near the starting line as soon as possible after their race results have been announced.

Meet of Champions Tournament Schedule

Meet of Championships – Saturday, November 12th, 2022	
Holmdel Park, Holmdel, NJ	
Meet Director: Marty Holleran	
Phone: 732 567-0969	
E-mail: Metuchen2003@yahoo.com	
Start Times:	
11:00 am – Boys Championship Race	
12:00 noon – Girls Championship Race	
12:45 pm – Awards Ceremony (Boys followed by Girls)	

Meet Notes:

To qualify for the Meet of Champions a runner/team must fall into one of the four categories:

- 1. Be a member of the first-place team in each Group.***
- 2. Be a member of the eight (8) at-large teams (wildcards) as determined through the merger process. These teams will be the non-group winning teams whose top five (5) runners have the eight (8) best total team times of all the teams from all the Group races in the merger. REMINDER: PLACE OF TEAM FINISH TAKES PRECEDENCE OVER TIME OF FINISH. Example- After the merger process these are the teams with the total times and places in their Group:
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