



FALL 2024 DEVELOPMENTAL CROSS COUNTRY RACES

For more information:

Call: (862) 881-2216

Email: NJSTRIDERS@Yahoo.com

Web: NJStriders.com

PO Box 254 • Haworth, NJ 07641

Sanctioned by



DATES

Registration is 45 min before start time.
Course Walk is 30 min before start time.

September 22, Sunday: 9:30 Start Time

October 6, Sunday: 9:30 Start Time

October 13, Sunday: 9:30 Start Time

Course Maps available on NJ Strider Website

SITE

Mahwah High School By Baseball Field/Track
Directions:

From Route 17 north:

Exit at West Ramapo Ave/ Pomptom Lakes /
Mahwah. Proceed over bridge, left at stop sign.
High School is at the top of the hill.

From Route 287 north:

Take to Route 17 South. Exit West Ramapo Ave.
High School is at the top of the hill.

ORDER OF EVENTS

AGE GROUPS	DISTANCE
Sub-Bantam born 2016-2017	1500 Meters
Bantam born 2014-2015	3km
Midget born 2012-2013	3km
Youth born 2010-2011	4km

Bantam and Midget races may be combined for
time/participation limits but scored seperately.

UNIFORM/RACE NUMBERS

Race Number must be worn on front of shirt with 4 pins.
Your number is to be reused at each meet you come to.
\$10 for lost numbers, no hand-written numbers accepted.

TEAM/INDIVIDUAL ENTRIES

Please send email to NJSTRIDERS@yahoo.com
With Athletes Name, Date of Birth, Gender
and Team Name

ENTRY

NJ Striders \$10.00 • Non-members \$12.00

WAIVER

All entrants under 18 must have a parent or guardian (not
Coach or relative) sign the waiver below. Bring the waiver
to your first meet or send to: NJ Striders, P.O. Box 254,
Haworth, NJ 07641

AWARDS

Medals to top 3 in all events. Ribbons to all finishers.

2024 NEW JERSEY STRIDERS DEVELOPMENTAL CROSS COUNTRY - ATHLETES WAIVER

In consideration of my entry being accepted, I, intending to be legally bound to hereby for myself, my heirs, assigns, and representatives, waive release and forever discharge any and all rights for claims and damages which I may have, or which may hereafter accrue to me against The New Jersey Striders Track Club, Inc. (a nonprofit organization), USA Track & Field / New Jersey Association, Mahwah High School, Mahwah Board of Education, Town of Mahwah or their respective officers, agents or representatives, successors and/or assigns, for any and all damages which may be sustained and suffered by me in connection with my association with or entry in and for arising out of my travel to, participation in, returning from any race of meet in this 2024 New Jersey Striders Cross Country Series. I certify the physical fitness necessary to compete and withdraw if there is not that level of fitness.

Last Name _____ M _____ F _____ USATF No. (OPTIONAL) _____ E-mail _____

Exact Name of USATF Club - otherwise put unattached _____ Area Code & Phone _____ Age _____ Birth Date _____

Mailing Address _____ Street _____ Include Apt. No. and/or C/O _____ State _____ Zip Code _____ County of Residence _____

City _____ Signature of Athlete _____ If Under 18 - Signature of Parent (Not Coach) _____ Date _____