

NYC Cross Country Carnival – Saturday October 21, 2023

At Van Cortlandt Park – Bus leaves SJB at 7:00am

Arrive at VCP by 8:45 if driving in to the meet

We will be across the park by the CHSAA Finish Line
which is close to where you enter the woods during your race

8:30 Frosh Boys Relay + 9:05 Girls Frosh Relay

all warm ups are 1 lap on the frosh course – skips – spikes on – jog 400m to start line – starts

9:50 Boys Varsity A Race:

10:05 Girls Varsity Race: w/u 9:25 am – to start line 9:50

Slattery	Ryan	Stewart	Chan		DiLegge	Marino	Webber
18:20	18:59	20:06	19:29		20:38	21:04 PR	22:52

4th Place Team

10:25 Boys Varsity B: w/u 9:45am – to start line 10:10

Gannon	DeVito	McCreery	Del Duca	Reinhold	SanFilippo	Healy
14:28 PR 2nd Place	15:19	16:21	16:07	16:17 PR	17:24	17:23

3rd Place Team

Theison	Valente	Mena	Murphy			
18:46	18:11 PR	19:05	19:53			

Hurt: Donovan + Spruyt