

Henderson 3k/3200 Classic at the Ott Center at the University of Pennsylvania at 2910 South Street, Philadelphia.

We're trying to set this up as a BU like situation for High School athletes where you extend your xc season and run a fast 3k/3200.

We're going to run it as a 3200 because the NJ schools can use it as a State Qualifier. We'll also have an official 3k time. We'd like to take as many athletes as possible. Our minimums will be 10:30(3k) for the boys and 13:00(3k) for the girls. The mile standards will be 5:30 for the boys and 6:30 for the girls/ We're hoping some of the milers might be interested in coming back and pacing the 3k.

When-December 9, 2025. Entries close on 12/7 at 9:00pm

Time-6:45-10:30pm. Your team can enter the building at 6:30pm. No sooner. Early sections will be able to warm up outside.

The meet will be bordering States and NFHS [sanctioned](#). If you're from outside of PA, please let me know when you enter so I can get your school's address to the NFHS.

The cost is \$20 per event. Checks should be made payable to **Henderson Track/XC Booster Club and can be sent to 400 Montgomery Avenue, West Chester, PA 19382. You can bring your entry fee to the meet.**

This just in: We're going to have some open/unattached sections of the 3k and the mile. They will be run separately from the HS sections(even if you're a high school running unattached.)

Here is what the schedule will look like. The mile is fast to slow. . The 3k/3200 will be slow to fast. This will change once all of the entries are in. **Enter using a 3000 time please.**

Schedule:

7:00 HS Boys' mile heat 1

7:06-HS Boys' Mile heat 2

7:12 HS Boys' Mile heat 3

7:18 HS Boys' Mile heat 4
7:24 HS Girls' Mile Heat 1
7:30 HS Girls' Mile heat 2
7:37-HS Girls' Mile Heat 3
7:44 Unattached/open mile
7:50-HS Boys' 3k/3200-heat 1
8:02-HS Boys' 3k/3200 Heat 2
8:13-HS Boys' 3k/3200 Heat 3
8:24 HS Girls' 3k/3200 Heat 1
8:37 HS Girls' 3k/3200 Heat 2
8:49 HS Girls' 3k/3200 Heat 3
9:00 Open 3k/3200

**This schedule may change based on the number of entries.
Please enter using a 3000 time.**