

History of the South Jersey Shoot Out Cross Country Meet

Boys and Girls

The Shootout is a relatively new meet having first been run in 2004. The format of the meet is different. In addition to freshman and JV races, there are 3 varsity races. One race is comprised of a team's 5, 6 and 7 runners. There is a second race comprised of a team's 3 and 4 runners and a third race comprised of a team's 1 and 2 runners (the stud race). Team scoring is also different. The place finish of a team's 1, 2,3, and 4 runners are totaled along with the place finish of the team's first runner in the 5,6,7 race. The team with the lowest score wins.

Race Location

All of the meets have been held at Gloucester County College.

Race Format

As noted above there have been three varsity races. One race is comprised of a team's 5, 6 and 7 runners. There is a second race comprised of a team's 3 and 4 runners and a third race comprised of a team's 1 and 2 runners (the stud race). In addition, there has been a junior varsity race and a freshman race (not held in 2004).

Race Distance

All varsity races (both girls and boys) and the junior varsity race (both girls and boys) have been 5 K. The freshman race distance (both girls and boys) has varied from year to year but has been in the range of 3.8 to 4.2K

Race Records

Individual race records are:

Boys

1, 2 race – 15:40 Miles Schoedler Ocean City 2010

3, 4 race – 16:34 Peter Murray Shawnee 2009

5, 6, 7 race – 17:04 Vinny Marziano Cherokee 2004

JV rave – 17:38 David Quimby Lenape

Girls

1, 2 race – 18:31 Brittany Sedberry Ocean City 2004

3, 4 race – 19:39 Kara Bonner Shawnee 2013

5, 6, 7 race – 19:59 Morgan Arena Shawnee 2014

JV race – 21:28 Taylor Roncin Toms River North 2013

Barry Frasco