

2025 NJAC CROSS COUNTRY SCHEDULE
AT MORRIS COUNTY CENTRAL PARK
1/29/25

CROSS COUNTRY (BOYS AND GIRLS) BY-LAWS

Revised April 2023

1. Each school will run a scored race against schools within the division one time. Scoring meets will be designated on the divisional schedule. The Cross Country Committee will develop batch meets maintaining divisional competition (Exception – Freedom and Colonial Divisions).
2. A walk-through day will be scheduled preceding the first batch race. There are no walk-throughs the day of a race.
3. The number of entrants in each Varsity race shall be unlimited, however, each school may only enter one Varsity team in a race. All runners will be eligible to score in the meet.
4. Scoring conducted on a dual meet basis.
5. Meet management will determine the race order for regular and championship meets.

[CLICK HERE](#) for the 2025 Boys and Girls Cross Country Divisional Alignment.

Course Walk on Wednesday, September 10th – All Divisions

WEEK 1

TUESDAY, SEPTEMBER 16

RAIN DATE: WEDNESDAY, SEPTEMBER 17

3:45 Boys Race 1

Randolph-Morris Knolls
Mendham-Morris Knolls
Mendham-Randolph
Morris Catholic- Mt. Lakes
Morris Catholic- Madison
Madison- Mt. Lakes
West Morris- Roxbury
West Morris-Sparta
Roxbury-Sparta
Pequannock-Morristown Beard
Boonton-Morristown Beard

4:05 Boys Race 2

Morris Hills-Chatham
Morris Hills-Montville
Delbarton-Chatham
Delbarton-Montville
Kinnelon-Hanover Park
MCVT- Hanover Park
Morristown- Pope John
Morristown- Parsippany Hills
Mt. Olive- Pope John
Mt. Olive- Parsippany Hills
Parsippany- Whippany Park

4:25 Coed JV Short Course 2700m

4:50 Coed JV 4000m

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Week 1 (cont.)

5:15 Girls Race 1

Morris Knolls- Mt. Olive
Morris Knolls- Mendham
Mendham- Mt. Olive
Villa Walsh- Mt. Lakes
Villa Walsh- Morris Catholic
Mt. Lakes- Morris Catholic
Mt. Lakes- MCVT
Madison- MCVT
Roxbury- Montville
Roxbury- West Morris
Montville- West Morris
Parsippany- AOSE
Parsippany- Boonton
AOSE- Boonton

5:40 Girls Race 2

Randolph- Chatham
Randolph- Morris Hills
Morris Hills- Chatham
Pequannock- Whippany Park
Morristown- Sparta
Morristown- Parsippany Hills
Pope John- Sparta
Sparta- Parsippany Hills
Morristown-Beard- Hanover Park
Kinnelon- Hanover Park
Kinnelon- Morristown Beard

WEEK 2

TUESDAY, SEPTEMBER 30

RAIN DATE: WEDNESDAY, October 1

3:45 Girls Race 1

Mendham- Morris Hills
Villa Walsh- Pequannock
Villa Walsh- Madison
Mt. Lakes- Pequannock
Mt. Lakes- Madison
Morris Catholic- Whippany Park
Morris Catholic- MCVT
Pequannock- MCVT
Whippany Park- MCVT

Madison- Whippany Park
Pequannock- Madison
Morristown Beard- Boonton

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Week 2 (cont.)

4:10 Girls Race 2

Morris Knolls- Randolph
Morris Knolls- Chatham
Mt. Olive- Randolph
Mt. Olive- Chatham
Roxbury- Pope John
Roxbury-Morristown
Montville- Pope John
Montville- Morristown
West Morris- Morristown
West Morris- Sparta
West Morris- Parsippany Hills
Pope John- Parsippany Hills
Parsippany- Hanover Park
AOSE- Hanover Park
Kinnelon- Parsippany
Kinnelon- AOSE

4:35 Coed JV Short Course 2700m

5:00 Coed JV 4000m

5:25 Boys Race 1

Mendham- Delbarton
Mendham- Morris Hills
Morris Knolls- Delbarton
Morris Knolls- Morris Hills
Morris Catholic- Kinnelon
Morris Catholic- Hanover Park
Madison- Kinnelon
Madison- Hanover Park
Kinnelon- MCVT
Mt. Lakes- MCVT
Sparta- Pope John
Sparta- Parsippany Hills
Parsippany Hills- Pope John

5:45 Boys Race 2

Randolph- Chatham
Randolph- Montville

Montville- Chatham
West Morris- Mt. Olive
West Morris- Morristown
Roxbury- Mt. Olive
Roxbury- Morristown
Pequannock- Whippany Park
Boonton- Whippany Park
Boonton- Parsippany
Morristown Beard- Parsippany

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***2025 NJAC CROSS COUNTRY SCHEDULE
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WEEK 3

TUESDAY, OCTOBER 7

RAIN DATE: WEDNESDAY, OCTOBER 8

3:45 Boys Race 1

Mendham- Chatham
Mendham- Montville
Morris Knolls- Chatham
Morris Knolls- Montville
Mt. Lakes- Hanover Park
Mt. Lakes- Kinnelon
West Morris- Pope John
West Morris- Parsippany Hills
Roxbury- Pope John
Roxbury- Parsippany Hills
Morristown Beard- Whippany Park

4:05 Boys Race 2

Randolph- Delbarton
Randolph- Morris Hills
Delbarton- Morris Hills
Morris Catholic- MCVT
Madison- MCVT
Sparta- Mt. Olive
Sparta- Morristown
Mt. Olive- Morristown
Pequannock- Parsippany
Pequannock- Boonton

4:25 Coed JV Short Course 2700m

4:50 Coed JV 4000m

5:15 Girls Race 1

Morris Knolls- Morris Hills
Mt. Olive- Morris Hills
Roxbury- Sparta
Roxbury- Parsippany Hills

Montville- Sparta
Montville- Parsippany Hills
Parsippany- Morristown Beard
AOSE- Morristown Beard

5:40 Girls Race 2

Mendham- Chatham
Mendham- Randolph
Villa Walsh- Whippany Park
Villa Walsh- MCVT
Mt. Lakes- Whippany Park
Morris Catholic- Pequannock
Morris Catholic- Madison

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Week 3 (cont.)

West Morris- Pope John
Pope John- Morristown
Boonton- Hanover Park
Kinnelon- Boonton

**2025 NORTHWEST JERSEY ATHLETIC CONFERENCE
CROSS COUNTRY CHAMPIONSHIPS
AT MORRIS COUNTY CENTRAL PARK**

Date: Tuesday, October 14 Rain Date: Wednesday, October 15

Tentative Schedule Course 2:30 pm Coed Sub-Varsity (Frosh/Soph- All Divisions) 4K

2:55 pm Varsity Boys Small Schools 5K
3:15 pm Varsity Boys Large Schools 5K
3:35 pm Varsity Girls Small Schools 5K
4:00 pm Varsity Girls Large Schools 5K
4:25 pm Boys JV (Small Schools) 5K
4:50 pm Boys JV (Large Schools) 5K
5:15 pm Girls JV (All Schools) 5K

**Small School Divisions: Freedom, Colonial, Liberty, and
Independence**

Large School Divisions: American and National

Championship Meet Rules

1. Each school will be allowed seven (7) runners in the varsity race. There will be unlimited participation in the sub-varsity and jayvee races.
2. Awards: A plaque to the winning school in each Varsity race. There will be medals for the first

10 runners in each of the four varsity races.

3. The uniform rule will be enforced. All uniform tops must be similar and school-issued. 4. Be sure to have bib numbers pinned on for each race. Running without a bib will result in disqualification. Runners must finish running straight through the line. Do not turn as you finish.
5. Starting positions for Varsity races will be assigned and available the day of the meet.
6. Sub-Varsity and JV races will not be assigned positions.