

**NJAC CROSS COUNTRY 2009  
AMERICAN DIVISION  
Freedom Park**

	<b><u>RACE I</u></b>	<b><u>RACE II</u></b>	<b><u>RACE III</u></b>
Sept 15	High Point Sparta Delbarton Morris Hills Mount Olive	Morris Knolls Pope John Montville Morristown West Morris	Randolph Roxbury Vernon Mendham Parsippany Hills
Sept 22	Morris Knolls Vernon Morristown Mount Olive	Pope John Roxbury Sparta Delbarton Mendham Montville	High Point Randolph Morris Hills Parsippany Hills West Morris
Sept 29	Sparta Vernon Delbarton West Morris	Pope John Randolph Montville Mount Olive Parsippany Hills	High Point Morris Knolls Roxbury Mendham Morris Hills Morristown
Oct 6	Morris Knolls Randolph Sparta Delbarton Morristown Parsippany Hills	Roxbury Mendham Mount Olive West Morris	High Point Pope John Vernon Montville Morris Hills

\*\*Rain Date is Oct 13

\*\* Oct 20 Championship Meet

\* Oct 21 Championship Rain Date

**Revised 7/29/2009**

**TIME SCHEDULE**

3:45 Frosh & JV (1.6 mile course)  
4:00 Boys Race I  
4:15 Boys Race II  
4:30 Boys Race III  
4:45 Girls Race I  
5:00 Girls Race II  
5:15 Girls Race III