

2023 Lakeland Junior Cross Country Schedule

All meets are held on Sunday mornings at Central Park of Morris County (Greystone Park):

Meet Dates:

September 10th

September 17th

September 24th

October 1st

October 15th

October 22nd

October 29th (Lakeland League Cross Country Championship Meet)

Start Times/Distances:

6 - 8 Boys 8:45 AM 1600M (2000M from October 15th)

6 - 8 Girls 9:05 AM 1600M (2000M from October 15th)

9 - 10 Boys 9:25 AM 2000M (3000M from October 15th)

9 - 10 Girls 9:50 AM 2000M (3000M from October 15th)

11 - 12 Boys 10:15 AM 3000M

11 - 12 Girls 10:40 AM 3000M

13 - 14 Boys 11:05 AM 3000M (4000M from October 15th)

13 - 14 Girls 11:30 AM 3000M (4000M from October 15th)