



## ***21st Annual NJIT XC Invitational***

**Date:** Saturday, October 11, 2024

**Course Location:** Branch Brook Park, Newark, NJ - section of the park between Bloomfield Ave. and Heller Pkwy. ***Directions and parking instructions at the end of this document***

**Time: METS:** 10am Men's 8k, 10:45am Women's 5k. **NJIT Invite:** 11:15am Men's 8k Invitational, 12pm Women's 5k Invitational, 12:30pm Men's 8k Open, 1:30pm Women's 5k Open. **Course closes at 2:30pm.**

**New This Year:** We will be splitting the field into an Invitational section and Open section, this is to optimize the Invite races starting/finishing earlier, while still providing a race that caters to all ability levels. This should also decongest the course overall which got a little crowded last year in some sections. The Open race will be composed primarily of JUCO teams, plus the teams that are projected to have a team avg 5k greater than 25min, or 8k avg greater than 26min, and will accept *unattached* athletes of any level. Questions about the new field breakdown, email Coach Cook [michael.cook@njit.edu](mailto:michael.cook@njit.edu).

**New This Year:** For \$30 we will accept unattached athletes into our open races, this is a great way for Alumni and members of the community to participate, please be 18+. This registration will open on Monday Sep. 22. Please print and sign a release of liability waiver, these will be collected in the race box 10min prior to the gun if you want to run, there will be a limited amount available on race day too.

**Results:** [live.vipertiming.com](https://live.vipertiming.com)

**Prizes:** Top-15 get a free t-shirt.

**Registration:** Registration/entries will be on Direct Athletics. Entries will open on Monday, September 8 and will close on Monday, October 6 at 11:59pm. Only teams invited to participate may enter. Please see payment instructions below. Please email Coach Cook directly if you are unable to register or pay via Direct Athletics. The meet will be collegiate teams ONLY.

**Entry Fee:** \$300 per team; \$600 for men and women combined.

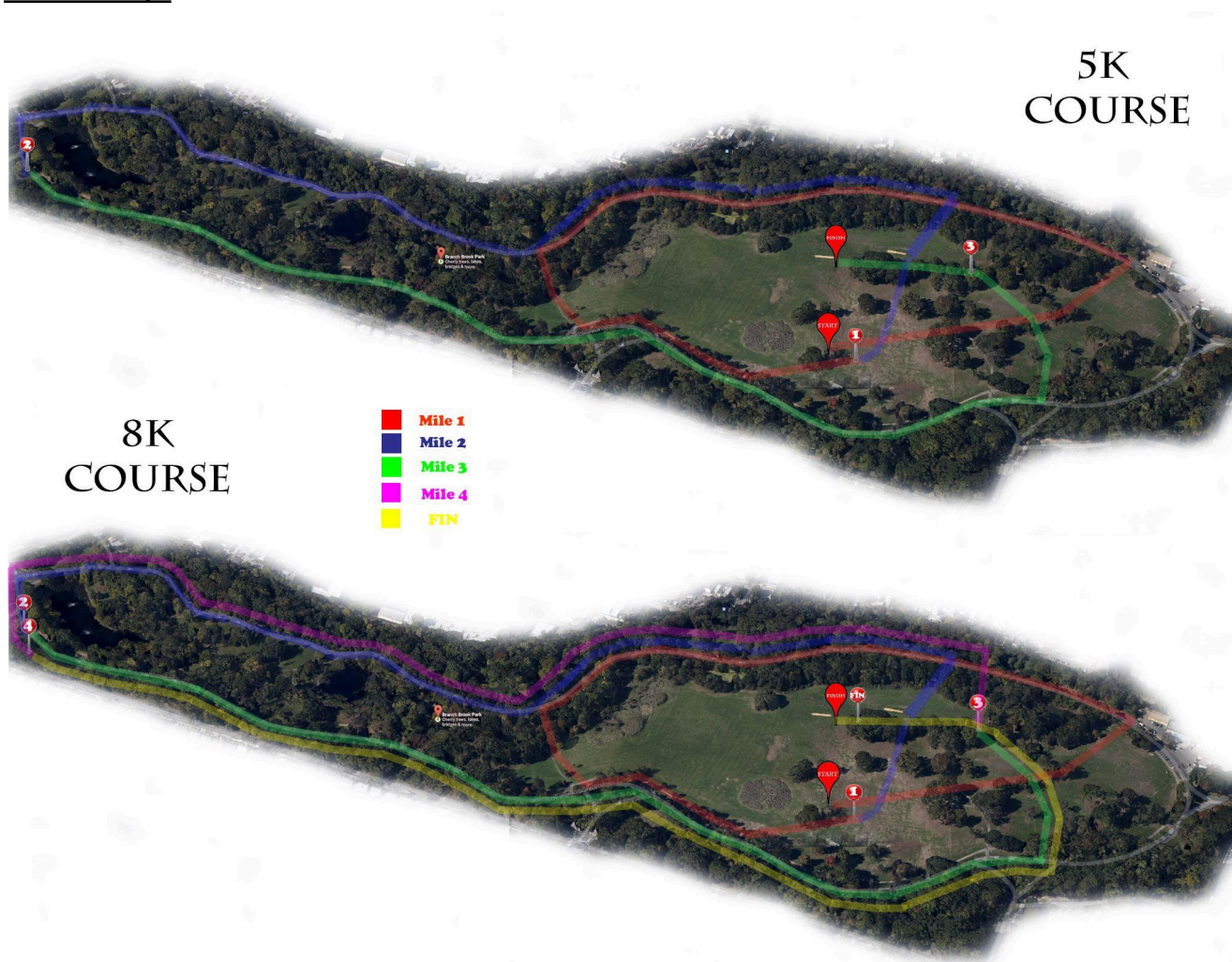
**Payment:** All entry fees need to be paid online with a credit card through Direct Athletics.

**Medical:** We will have trainers available for medical emergencies. Water and ice will be available behind the finish line at the medical tent.

**Contact:** Mike Cook at 973-558-0221 or [michael.cook@njit.edu](mailto:michael.cook@njit.edu) , follow @coach.mc\_ & @njitxctf on instagram for more updates as we approach!

**Course Description:** Flat and fast. Grass, dirt, and rubber. Both men and women run the first loop (1mile) and the last loop. Men run an additional loop in the middle (same as last loop). Course will be marked with arrows, flags, and cones. New more Prominent Markers at every kilometer and finish line clock.

## Course Map:



## Directions to BRANCH BROOK PARK, Newark, NJ:

### **From the Garden State Parkway**

Take Exit 145 (Newark-The Oranges) to I-280 EAST to Exit 13 (Newark-First Street).

LEFT at bottom of ramp onto FIRST STREET.

RIGHT at first light onto ORANGE STREET.

At second light turn LEFT onto CLIFTON AVE.

Park entrance is about 1/2 mile ahead on the left. Enter park and follow park road for about 2.5 miles (you will go under 2 overpasses). Look for flag pole and tents on the infield).

### **From the NJ Turnpike**

Exit 15-W to I-280 West (after drawbridge) to Exit 14A (Clifton Avenue). Up ramp, RIGHT at light onto Clifton Ave. Park entrance is ahead on the left. Enter park and follow park road for about 2.5 miles (you will go under 2 overpasses).

Look for flag pole and WHITE/RED tents on the infield).

### **Route 78**

Take Route 78 to the Garden State Parkway. Follow GSP directions.

### **New York Thruway**

Thruway to Exit 14A, Garden State Parkway. Follow GSP directions above.

### **George Washington Bridge**

NJ Turnpike South to Exit 15W. Follow NJ Turnpike directions above.

## Lincoln Tunnel

West on Route 3 to NJ Turnpike South to Exit 15W. Follow NJ Turnpike directions above.

## From Brooklyn, Queens and Long Island

Take Verrazano-Narrows Bridge (Interstate 278) and follow 278 across Staten Island. Cross Goethals Bridge. Follow signs to New Jersey Turnpike North then follow New Jersey Turnpike directions above.

## From NYC by train

PATH or NJ Transit train to Newark Penn Station. Take Newark subway to Davenport Ave station or Branch Brook Park Station. (see from NJIT).

## From NJIT

Take the Newark subway from Warren Street Station (located on Lock St. next to the athletic field) to Davenport Ave Station (walk 50m into park via path, cross street and go over path/bridge, turn left and walk 200m to staging area. Or get off at Branch Brook Park station, walk into park and turn right. Staging area would be about 200m past Heller Pkwy. OR Walk(2.75 miles from campus) down Lock St and turn left onto Central Ave. go to the light and turn right onto Norfolk St.. Park entrance is just past route 280. Enter park and follow roadway for approximately 2 miles to start of course which located near Heller Pkwy.

Park entrance is located next to Cathedral Basilica. XC course is located in the park loop between Bloomfield Ave and Heller Pkwy about 2 miles from park entrance (see map below)

## Parking

On-street parking is available inside the solid white line around the perimeter of the infield. Parking lots are located at the north end (see map below). Address for park entrance: 257-259 Ballantine Pkwy, Newark, NJ 07104

