



AT THE NYRR VAN CORTLANDT PARK CROSS COUNTRY #1

OCTOBER 2, 2022
VAN CORTLANDT PARK
#RisingNYRR



KEY	
	Start Stage 1
	Start Stage 2
	Start Stage 3
	Finish Adults and all youth stages
	Number pickup
	Stage 1 course
	Stage 2 course
	Stage 3 course
	Bag check
	Toilets
	Family reunion
	Bus pickup
	Medical aid

SCHEDULE

8:00 a.m.	All stages	Activities open
8:00 a.m.	Stage 3	1.5 miles
8:20 a.m.	Stage 2	1 mile
8:45 a.m.	Stage 1	Various distances