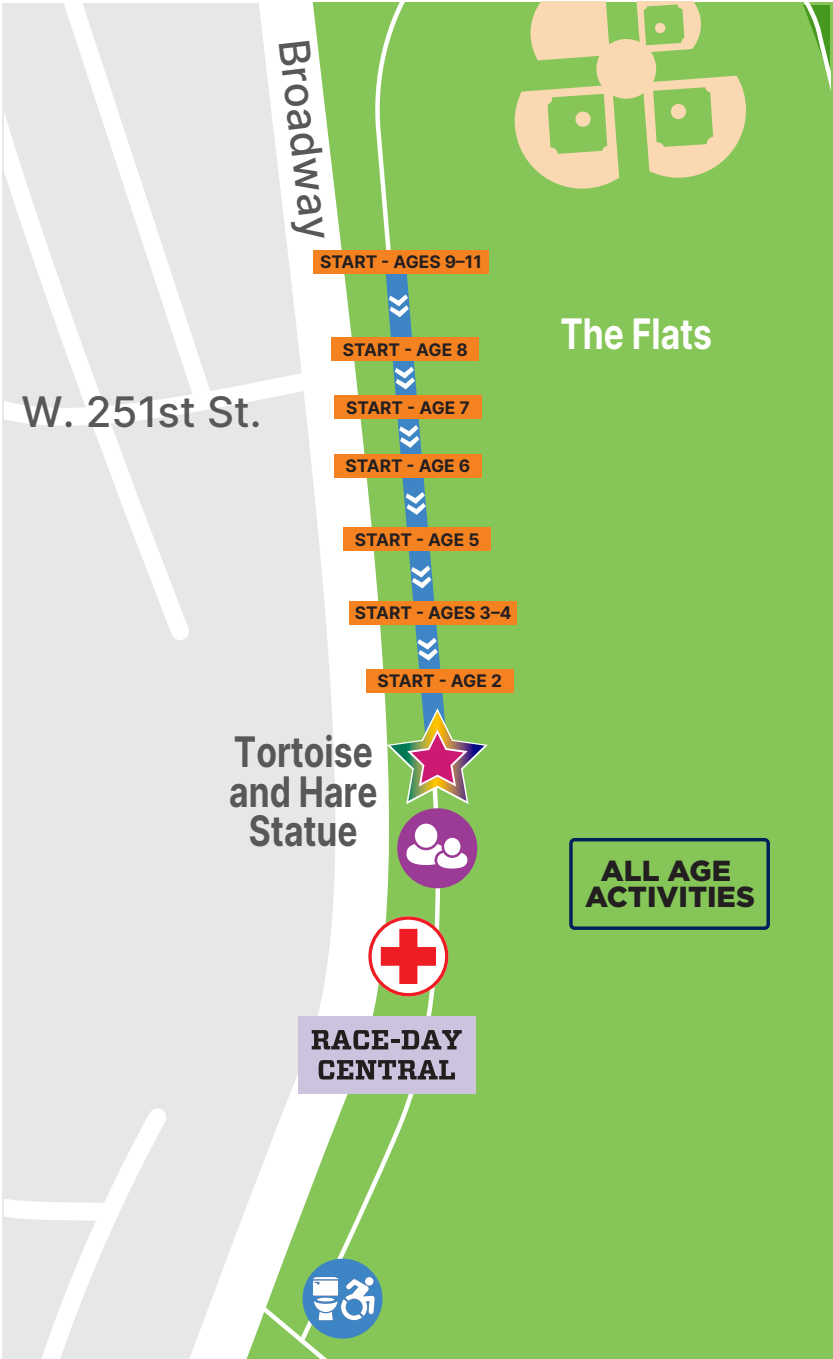


STAGE 1



AT THE NYRR VAN CORTLANDT PARK CROSS COUNTRY #1

SEPTEMBER 29, 2024
VAN CORTLANDT PARK
#RisingNYRR



KEY

- Finish**
Stage 1 and Adults
- Stage 1 course**
- Toilets**
- Medical aid**
- Family reunion**

RACE-DAY CENTRAL

- Number pickup**
- Bag check**
- Souvenir pickup**

SCHEDULE

9:30 a.m.	All stages	Activities open
10:45 a.m.	All stages	Activities close
10:50 a.m.	Age 2	50 feet
10:53 a.m.	Ages 3-4	150 feet
10:57 a.m.	Age 5	300 feet
11:05 a.m.	Age 6	450 feet
11:08 a.m.	Age 7	550 feet
11:12 a.m.	Age 8	650 feet
11:15 a.m.	Ages 9-11	800 feet

Please note that dashes for age groups within Stage 1 will start on a rolling schedule; refer to the estimated start times.