



2024 Long Distance Running Championships

DATE	EVENT	CATEGORY
03/24/24	Spring Distance Classic	All Divisions
05/11/24	Our House 4 Miler	All Divisions
05/18/24	Mile by Impact Zone	Masters Men & Women
05/27/24	Ridgewood Run 10K	Open Men & Women
06/09/24	Fitzgerald's Lager Run 5K	Open Men & Masters Women
07/13/24	Big Bang Mile	Open Men & Women
08/25/24	USATF-NJ 5K XC	All Divisions
09/15/24	By Hook or by Crook 12K	All Divisions/USATF Masters 12k Championship***
09/21/24	Haworth 5K Run	Open Women & Masters Men
09/29/24	Steeplechase 10K	Masters Women
11/10/24	Giralda Farms 10K	Masters Men
11/17/24	Garden State 8K XC	All Divisions
11/28/24	Ashenfelter 8K	All Divisions

****All Championship Races 700pt**

*****By Hook or By Brook 12K 800pt**

Coed Team Championships

04/07/24	Cherry Blossom Run 10K	Coed Team Championship/Wildcard Event
06/27/24	Sunset Classic 5 Mile	Coed Team Championship/Wildcard Event
10/20/24	Teri Roemer 10K	Coed Team Championship/Wildcard Event
12/08/24	All School Special Needs 5K	Coed Team Championship/Wildcard Event

Wildcard 500/700 Point (Individual) Events

08/10/24	Three Bridges 5 Mile	Wildcard 500/700 Point
10/13/24	Long Beach Island 12K	Wildcard 500/700 Point

