

SCHEDULE

9:30 a.m.	All stages	Activities open
10:45 a.m.	All stages	Activities close
11:10 a.m.	Age 2	50 feet
11:13 a.m.	Ages 3-4	150 feet
11:17 a.m.	Age 5	300 feet
11:25 a.m.	Age 6	450 feet
11:28 a.m.	Age 7	550 feet
11:32 a.m.	Age 8	650 feet
11:35 a.m.	Ages 9-11	800 feet







STAGE 1






**AT THE NYRR
CROSS COUNTRY SERIES #3**

**NOVEMBER 16, 2025
VAN CORTLANDT PARK
#RisingNYRR**

KEY

-  **Finish**
Stage 1 and Adults
-  **Stage 1 Course**
-  **Toilets**
-  **Medical**
-  **Family Reunion**
-  **Buses**

RACE-DAY CENTRAL

-  **Registration**
-  **Baggage**
-  **Souvenir Pickup**

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