

HIGH-5 TROPHY SERIES - FALL 2026

This contest gives NTF runners some extra motivation: they can win a cool trophy at the end of the season through participation in local youth cross country races. This is how it works:

Rules:

- There are 5 meets in the series. (But there is no requirement to run all of them. You are not eliminated from the contest by missing a meet).
- For each event, participating runners score points. At the end of the season the scores are summed up and ranked.
- Runners compete within their age groups, but the final tally combines all age groups together. This contest is open only to registered NTF athletes.
- This year girls and boys will be scored separately.

Races:

- NVRC-CRPR All-Comers Youth Cross Country Meets at Oak Hall Park (9/12, 10/3, 10/17) – pick two
- Happy Valley Home Town Series (9/16, 9/23, 9/30) – pick two
- NTF Intersquad Meet - 11/1 – at Tudek Park

Substitutions: Middle School runners (7th and 8th grade) may use the NEPA invitational meet to score points in place of the Oak Hall all-comers meet they would miss on the same day. In this case, points will be assigned based on the place achieved in the invitational race.

Scoring:

Age groups:

Finishing score 10 pt / race

+

Placing scores

1st in age group	5 pt
2nd in age group	4 pt
3rd in age group	3 pt
4th in age group	2 pt
5th in age group	1 pt
6th in age group	0.5 pt
7th in age group	0.5 pt

Primary (born 2016-2017)

Bantam (born 2014-2015)

Midget (born 2012-2013)

Youth (born 2010-2011)

Intermediate (born 2009 and older)

Boys and girls are scored separately even if they run together in the same race

Any meet participants (not necessarily NTF)
can bump you off in placing scores

Example #1: An under-8 runner competed in a meet and placed 2nd in her age group. Her score is 10 (for finishing) + 4 (for age group place) = 14. A 13-14 runner competed in the same meet and placed 3rd in her age group. Her score is 10+3 = 13. In the combined roster the former leads the latter by 1 point.

Example #2: Runner A completes 3 races during the season and places 1st in all of them. Runner B completes 5 races and does not place in top seven in any of them. By total scores: Runner A - 45 pt; Runner B - 50 pt, Runner B beats Runner A in the final tally.

Tie-breaking:

1. Runner participating in a greater number of meets gets preference
2. Runner showing higher score in the last race gets preference

Awards: Top 1-10 finalists (girls and boys separately) get High-5 Trophies / Top 11-20 finalists (girls and boys separately) get High-5 Medals. The awards ceremony for the High-5 Series will be held at the NTF Intersquad meet (11/1/26 after the race).

Directions to the meets:**CRPR-NVRC All-Comers Meets**

Oak Hall Park, 120 Linden Hall Rd., Boalsburg, PA 16827

Drive on North Atherton St. towards Boalsburg. At the traffic light at the intersection with Route 45, turn left on Boalsburg Rd. and follow less than a mile north. Take next right on Linden Hall Rd and again right to Oak Hall Park entrance.

Happy Valley Town Series

Tussey Mountain, 301 Bear Meadows Rd, Boalsburg, PA 16827

NTF Intersquad Meet

Tom Tudek Memorial Park, 400 Herman Dr, State College, PA 16803