

# HIGH-5 TROPHY SERIES - FALL 2025

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 (9/20, 10/4, 10/18)
- Juniata Valley Striders All-Comers Meets at Indian Valley Elementary (10/13)
- NTF Intersquad Meet - 10/26 – at Tudek Park

*Substitutions:* Middle School runners (7th and 8th grade) may use the Lock Haven invitational meet to score points in place of the Oak Hall all-comers meet they would miss on the same day.

Happy Valley Town Series race can be used as a substitution for *one* of the all-comers meets.

In those cases, points will be assigned based on the age groups and places achieved at those races.

## 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

Primary (born 2016-2017)

Bantam (born 2014-2015)

Midget (born 2012-2013)

Youth (born 2010-2011)

Intermediate (born 2009 and older)

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

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

*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 five 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 (10/26/25 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.

**Juniata Valley Striders All-Comers Meets**

Indian Valley Elementary School, 125 Kish Rd., Reedsville PA 17084 (~30 min drive from State College)

Drive on Route 322 East towards Lewistown. After going through the mountain zone following Potter Mills, take exit to Milroy on your right. Coming off the ramp, at T-intersection traffic light, make a right turn and follow no more than one mile on Old US-322 until you see the school on your left.

**Happy Valley Town Series**

301 Bear Meadows Rd, Boalsburg, PA 16827

**NTF Intersquad Meet**

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