



Long Distance Running Championships

<u>DATE</u>	<u>EVENT</u>	<u>Category</u>
03/20/22	Spring Distance Classic 15K	All Divisions
03/27/22	Garden State 10 Miler	Coed Team Championship/**Wildcard Event
04/03/22	Essex County Cherry Blossom 10K	Open Men & Women
05/15/22	Superhero Half Marathon	All Divisions
05/30/22	Ridgewood Run 10K	Coed Team Championship/**Wildcard Event
06/12/22	Fitzgerald's Lager Run 5K	Open Men
06/18/22	Red Bank Classic 5K	Masters Women
07/16/22	Big Bang Mile	Masters Men & Women
08/13/22	Asbury Park 5K	Coed Team Championship/**Wildcard Event
08/21/22	Midland Mile	Open Men & Women
08/28/22	USATF-NJ 5K XC Championship	All Divisions Championship (Tentative)
09/18/22	By Hook or By Crook 12K	All Divisions/ USATF Masters 12K Championships
09/25/22	Steeplechase Distance Run 10K	Masters Men & Women
10/02/22	Little Silver 5K	Open Women
10/16/22	East Brunswick Road Races 12K	Coed Team Championship/**Wildcard Event
11/12/22	Harrington Park 5K Spectacular	Masters Men
11/06/22	New Jersey 8K/6K XC Championship	USATF- NJ All Divisions Championship
11/24/22	Ashenfelter 8K Classic	All Divisions

**All Championships are 700pt Races*

***Coed Team Wildcards are 700/500pt Races*

Mountain Ultra Race Series

02/19/22	Valentine's In The Pines 4 Mile
10/09/22	Blackwood Trail Classic 7 Mile
12/10/22	Christmas in the Pines 4 Mile

All MUT Races are stand-alone events, and not part of the PMAG Grand Prix

