Carroll Manor Running Club
(CMRC)

2013 Youth XC Meet

Sunday, Nov. 3rd 2013

Location: Carroll Manor Elementary School, 5624 Adamstown Rd., Adamstown, MD 21710

Director: Chad Connors 240-446-2595

Age Groups: Age as of Dec. 31st, 2013 (Not Race Day Age)

Entrance Fee: $5.00 per athlete

Awards: Trophy for first place each race and gender; Medals for 2nd and 3rd place; Ribbons for 4th thru 20th place.

Schedule: 11:30 AM – 12:30 PM Registration Open

                12:45 PM………………..Course Walk

Order of Races (Rolling Schedule except for 1k)

6 & Under	1:30 PM	1k (0.62 mile)
7 & 8		2k (1.24 mile)
9 & 10		3K (1.86 mile)
11 & 12		3K (1.86 mile)
13 & 14		4K (2.48 mile)

Girls will start 2 minutes after the start of each boy's race.

Restrooms will be available.

Concessions will be sold.

Course maps will be available at registration.

Pacing parents will be allowed for ages 6 & under.