



# HOWARD COUNTY JUNIOR STRIDERS YOUTH CROSS COUNTRY MEET SUNDAY OCTOBER 6<sup>TH</sup>, 2013

CENTENNIAL HIGH SCHOOL, 4300 CENTENNIAL LANE,  
ELLCOTT CITY, MD 21042, CONTACT: coachlang@hotmail.com

## **\*\*\* AGE AS OF DECEMBER 31<sup>st</sup>, 2013 (NOT AGE ON RACE DAY)**

Entrance Fee: \$5 per Athlete

### **SCHEDULE:**

11:30 am – 12:30 pm... Registration (Teams set up in bleachers or in grass area between bleachers and school)

12:45 pm..... Course Walk

1:30 pm ..... 1K .....6 & under (BORN IN 2007 OR BEFORE)

All other races will begin approximately 5 min. after the last runner in the race before.

Normally, races take between 15-25 min. to run.

2 K ..... 7 & 8 (BORN IN 2005 AND 2006)

3 K ..... 9 & 10 (BORN IN 2003 AND 2004)

3 K ..... 11 & 12 (BORN IN 2001 AND 2002)

4 K ..... 13 & 14 (BORN IN 1999 AND 2000)

\*We will start the boys first with the girls starting approximately 1 minute after the boys.

### **OTHER:**

Finish on track! Courses same as last year!

Portable toilets are available.

Concessions will be sold.

Except in the 6 & under race, parents, coaches or others can not run with runners.

Awards: Ribbons for places 1<sup>st</sup> thru 20<sup>th</sup> in all races.

This is a rain or shine event; in the case of lightning we will wait in hopes it will pass.

### **DIRECTIONS TO CENTENNIAL:**

\*From Frederick Area: Take Rt. 70 East. Take exit 82 and follow Rt. 40 East for 3.5 miles. Turn right onto Centennial Lane. Go 2 miles. School is on the right just past Burleigh Manor Middle School. Follow blacktop area behind school to race start/finish area.

\*From Baltimore: Take Rt.70 West. Take exit 87A on the left and follow Rt. 29 South for less than 2 miles. Take exit 24B and follow Rt. 40 West for 2 miles. Turn left onto Centennial Lane. Go 2 miles. School is on the right. Follow blacktop area behind school to race start/finish area.

