Lightning Running Club (LRC)

2013 YOUTH XC MEET
with Team Championship Competition
Kemptown Park, Monrovia, MD

Sunday, October 13, 2013

Please do not park on the grass.

Meet Directors: Darcy & Greg Strouse, 301-305-5222 or lrc_xc@yahoo.com

APPROXIMATE SCHEDULE

Event*	Approximate Starting Time
Packet Pick-up/On-site Registration	11:30 AM
Course Walk	12:00 PM
Toddler Fun Runs (ages 4 & under) 50 meters & ½ km – *For those not in the 1 km*	1:15 PM
1 km (6 & under* race)	1:40 PM (G), 1:50 PM (B)
2 km (7 & 8 year olds* race)	2:00 PM (G), 2:15 PM (B)
3 km (9 & 10 year olds* race)	2:30 PM (G), 2:50 PM (B)
3 km (11 &12 year olds* race)	3:10 PM (G), 3:30 PM (B)
4 km (13 & 14 year olds* race)	4:00PM (G & B)
OPEN 3 km (age 15 & older; for coaches, parents, siblings, etc.!)	4:30 PM
Team Competition Award Ceremony	5:00 PM

- **Boys and girls will race separately as designated by age-group.**
- **Parents & Coaches may NOT run with athletes in the 2 km, 3 km, and 4 km races and may NOT run with the front runners in the 1 km.**

*Age as of December 31, 2013.

Registration Procedures (NEW this year):

- **ONLINE REGISTRATION for Youth 1 km – 4 km Races**: @ $7 per athlete; VERY limited on-site registration @ $10 per athlete. Register online here: http://md.milesplit.com/meets/151759/
  - ALL clubs with age-group/gender teams participating in the team competition MUST register athletes online and submit paper team entry forms (see page 2).

- **ON-SITE REGISTRATION for Open 3k (ages 15 & older):** @ $3 per athlete.

- **Toddler Fun Runs** (ages 4 & under) are FREE but athletes must check-in at the registration table to receive a race bib.

Awards: Teams: Team awards (1st – 3rd place) in each boy/girl age group race. Teams are comprised of 5 to 8 runners per age group team. Top 5 finishers for each team "scores" (e.g., places are added for total team score). **Individuals:** **Medals**: 1st – 3rd; **Place Ribbons:** 4th – 10th; **Participant Ribbons**: 11th & up.

CLUB AGE-GROUP TEAM ENTRY FORM FOR THE 2013 LRC YOUTH XC MEET

For Coaches Use Only – Submit One Team Entry Form Per Event

Age-group team athletes must be pre-registered ONLINE (http://md.milesplit.com/meets/151759/) by Friday, October 5, 2013 and this team entry form must be submitted by Monday, October 8, 2013. Mail team entry forms to: Dr. Darcy Strouse, 8509 Guertin Ct., Frederick, MD 21704

Note 1: This form is for registering a team for **age-group team competition** at the LRC Youth XC meet. Submit one form per event (per team). Clubs may have more than one team per event (e.g., "A," "B," "C," etc.); each team needs a separate form.
Note 2: All runners on a team MUST represent the same club.
Note 3: Teams may range from **5 to 8 athletes.**
Note 4: Age-group team will be randomly assigned to starting boxes.

Name of Club: _____

Club Head Coach: _____

Event (select one):

__Sub Primary – 6 & Under Girls   __Sub Primary – 6 & Under Boys
__Primary – 7/8 yrs Girls   __Primary – 7/8 yrs Boys
__ Bantam – 9/10 yrs Girls   __ Bantam – 9/10 yrs Boys
__Midget – 11/12 yrs Girls   __Midget – 11/12 yrs Boys
__Youth – 13/14 yrs Girls   __Youth – 13/14 yrs Boys

List Team Members (each athlete MUST be registered for the meet ONLINE):

	Name	*Birth Date*
1		
2		
3		
4		
5		
6		
7		
8		