



Youth Development Cross Country Meet

Sunday, October 6 2019
West Des Moines, Iowa



LOCATION: Valley Southwoods Freshman High School, 625 S. 35th Street,
West Des Moines, Iowa

COURSE: Moderately hilly & open course. Start & finish along east entrance driveway

ENTRY FEE: Pre-Registration \$7 (instructions below)

Pre-registration Deadline: Saturday, October 5 11:00 am

On Site \$10, must be done between 12:30 and 1:45 @ Registration Table

(USATF membership NOT required to participate)

PAYMENT: Payment made on site day of meet

TIMING: Chip Timing by Brett Carney

RACE TIME: The 2K race will begin promptly at 2:00 PM, followed by the 3K race and the 4K race.

8U 2K participants will run first.

9-10 3K participants will run second.

11-12 3K participants will run third.

13-14 4K participants will run fourth.

Results will be sorted by age group and gender following the race.

AWARDS: Individual medals for 1-5 places in each age division.

AGE RULES: Age determined as of December 31, 2019. Proof of age may be required.

<u>AGE DIVISIONS</u>	<u>BIRTH YEAR</u>	<u>DISTANCE</u>
8 & UNDER GIRLS/BOYS	2011 and after	2000 METERS
9-10 GIRLS/BOYS	2009 & 2010	3000 METERS
11-12 GIRLS/BOYS	2007 & 2008	3000 METERS
13-14 GIRLS/BOYS	2005 & 2006	4000 METERS

CLUB ENTRIES: Clubs should send a spreadsheet of their entries to Brett Carney. (BrettCarney10@gmail.com). Info to include: Athletes First Name, Last Name, Gender, and DOB. (Pay at meet)

INDIVIDUAL ENTRIES: Individual should send a entries to Jim Walczyk (jim.walczyk@gmail.com). Info to include: Athletes First Name, Last Name, Gender, and DOB. (Pay at meet)

Any questions should be addressed to :

MEET DIRECTOR: Jim Walczyk, (515) 771-4246 / jim.walczyk@gmail.com