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Includes Qualification for the Cross Country Coaches National Youth Championships (CCCNYC)
"All athletes who attend the CCCNYC meet must have a YES-Athletics Membership prior to their first YES-Athletics sanctioned meet. This applies to all club and unattached athletes."

Hosted by: Lightning Running Club (LRC)
Kemptown Park, Monrovia, MD 21770
Sunday, November 2, 2014
Please do not park on the grass.

APPROXIMATE SCHEDULE

| Event | Approximate Starting Time |
| :---: | :---: |
| LIMITED On-site Registration | 9:00 AM to 10:00 AM |
| Packet Pick-up | 9:00 AM to 11:30 AM |
| Course Walks | 9:30 AM |
| Toddler Fun Runs (ages 4 \& under) <br> 50 meters \& $1 / 2 \mathrm{~km}$ - For those not in the 1 km | 10:15 PM |
| ** 1 km ( 6 \& under* race) | 10:30 AM (G), 10:45 AM (B) |
| 2 km (7 \& 8 year olds* race; AND 6 yr olds who want to qualify for CCCNYC) | 11:00 AM (G), 11:30 PM (B) |
| 4 km (13 \& 14 year olds* race) | 12:00 PM (G), 12:30 PM (B) |
| 3 km (9 \& 10 year olds* race) | 1:00 PM (G), 1:30 PM (B) |
| 3 km (11 \&12 year olds* race) | 2:00 PM (G), 2:30 PM (B) |
| OPEN 3 km (age 15 \& older; for coaches, parents, siblings, etc.!) | 3:00 PM |
| Award Ceremony for Age-Group Top 3 Individuals and Team Competition - Kemptown Amphitheatre | 3:30 PM |

- ** For CCCNYC Qualification, there is NO 1 km race - the 2 km CCCNYC race is for 6,7, \& 8 year olds; 6 year old (as of 12/31/14) runners must compete in the 2 km race if they want to qualify for CCCNYC. 6 year olds may ONLY compete in ONE RACE-1 km or 2 km .
- Boys and girls will race separately as designated by age-group.
- Parents and Coaches may NOT run with athletes in the $2 \mathrm{~km}, 3 \mathrm{~km}$, and 4 km races and may NOT run with the front runners in the 1 km .
*Age as of December 31, 2014.

Meet Directors: Darcy and Greg Strouse, 301-305-5222 or Irc xc@yahoo.com


## General Information for LRC Youth XC Championships Meet

## Location

- Kemptown Park, Monrovia, MD (3456-B Kemptown Church Rd., Monrovia, MD 21770)


## Individual and Age-group Club Team Competition

- There will be no Intermediate (age 15/16) or Young Men/Women (age 17/18) races; these age-groups receive an automatic bye to the CCCNYC events.
- Age-group club teams can consist of 5-8 runners (Sub-Primary, Primary, Bantam, Midget, Youth).
- Age-group club teams must pre-register. SEE ENTRY FORM BELOW.

Cross Country Coaches National Youth Championships (CCCNYC) Qualification

- Qualification for the CCCNYC (11/22/14) in Nashville, TN as an individual or age-group team through participation in this championship meet.
- See www.youthcrosscountry.org for information on the CCCNYC meet.


## Pre-registration:

- Register online here: http://md.milesplit.com/meets/183986/
o $\$ 7$ per athlete pre-registration fee.
o ALL clubs with age-group/gender teams participating in the team competition MUST register athletes online by $\mathbf{1 0 / 1 7 / 1 4}$ and paper team entry forms (see page 3) MUST be received by 10/21/14. NO DEADLINE EXCEPTIONS.
o Mail age-group club team entry forms to: Dr. Darcy L. Strouse, 8509 Guertin Ct. Frederick, MD 21704.
o Online registration for individual athletes (e.g., those who are club runners but not on age-group teams as well as unattached runners) closes at 11:59 PM on 10/24/14.


## On-site Registration

- \$10 per athlete. LIMITED on-site registration from 9:00 AM to 10:00 AM ONLY. NO onsite registration for age-group club teams.
- On-site registration ONLY 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.


## Course Walks

- Guided course walks begin at 9:30 AM at the Starting Line. The courses will close for competition at 10:30 AM and ONLY meet officials (course marshals and course monitors) will be allowed on the race courses.


## Awards

- Championship Individual Awards
- Championship Team Awards

Restrooms will be available.


## For Coaches Use Only - TEAM ENTRY FORM FOR AGE-GROUP TEAM COMPETITION

Age-group club team athletes MUST be pre-registered ONLI NE
(http://md.milesplit.com/meets/183986/)
by Friday, 10/17/ 14 and this team entry form must be received by Tuesday, 10/21/ 14. Mail team entry forms to: Dr. Darcy Strouse, 8509 Guertin Ct., Frederick, MD 21704 OR Email to: Irc_xc@yahoo.com

Note 1: This form is for registering a team for age-group team competition at the LRC Youth XC Championships. 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 Team: $\qquad$

Team/Club Head Coach: $\qquad$
Name: $\qquad$
Phone Number: $\qquad$ Email: $\qquad$
Event:
__Sub-Primary - $5 / 6$ yrs Girls
_ Sub-Primary - $5 / 6$ yrs Boys
__Midget-11/12 yrs Girls
__Midget-11/12 yrs Boys
__Primary - 6-8 yrs Girls
__Primary - 6-8 yrs Boys
__Youth-13/14 yrs Girls
__Youth - 13/14 yrs Boys

List Team Members

|  | Name | Birth Date |
| :---: | :---: | :---: |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |

