



# FLYERS YOUTH RUNNING CLUB

## USATF Youth Cross Country Meet



**Sunday, Oct 21st 2018**

**Ames, Iowa**

**LOCATION:** Moore Memorial Park, 3050 Northridge Parkway Ames, IA 50014

**DIRECTIONS:** Exit off I-35 on 13<sup>th</sup> Street in Ames, go West to Stange Rd. then North to 24<sup>th</sup> Street, then West to Northridge Pkwy and go Left to the park. (This is a housing subdivision park)

**COURSE:** True CC Course with trails, rolling hills and park setting. Very spectator friendly. Bring Bug Spray!

**ENTRY FEE:** Pre-Registration = \$6 per runner, includes online registration fee.

**ONLINE REGISTRATION ONLY:** <https://www.iowaflyers.com/oct-20-meet-registration>

**MEET DAY REGISTRATION:** \$10 per runner, must register between 1:00pm-1:45pm at Registration Table.

**REGISTRATION:** Opens at 1:00pm. Runners **must** be checked in at least 30 minutes before their race. We are using Chip Timing, so each runner will wear a chip on their shoe laces that we will remove after they finish.

### RACE SCHEDULE:

2:00pm	Combined 2K race
2:20pm	Combined 9-10 year old 3K race
2:40pm	Awards Ceremony 10-Under Divisions
2:45pm	Combined 11-12 year old 3K race
3:05pm	Combined 13-14 year old 3K race
3:25pm	Awards Ceremony 11-14 Divisions

**AWARDS:** Ribbons to top 8 in each division. **TEAMS:** No Team Awards

**AGE RULES:** Age determined as of December 31, 2018.

### AGE DIVISIONS BIRTH YEAR DISTANCE

8 & UNDER GIRLS/BOYS 2010 and after 2000 METERS

9-10 GIRLS/BOYS 2008 & 2009 3000 METERS

11-12 GIRLS/BOYS 2006 & 2007 3000 METERS

13-14 GIRLS/BOYS 2004 & 2005 3000 METERS (No 4K Course at this meet)

**MEET DIRECTOR:** Brett Carney **Contact:** BrettCarney10@gmail.com or 515-203-9557

**USATF membership NOT required.**