



**AMES YOUTH RUNNING CLUB**  
**USATFCC Youth Development**  
**Cross Country Meet**  
 Sunday, Oct 16<sup>TH</sup> 2016  
 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:** Good Course with rolling hills. Very spectator friendly.

**ENTRY FEE:** \$5 per runner. Please register by mail or email early if you are planning to participate.

**REGISTRATION:** Starts at 1:00pm, all runners must be checked in and registered by 2:00pm for all races

**RACE TIME:** 2:00pm Combined 2K race, 2:20pm Girls 3K race, 2:40pm Boys 3K race, 3:00pm Awards Ceremony

**AWARDS:** Ribbons to all competitors. **TEAMS:** No Team Awards

**AGE RULES:** Age determined as of December 31, 2016.

**AGE DIVISIONS BIRTH YEAR DISTANCE**

8 & UNDER GIRLS/BOYS 2008 and after 2000 METERS

9-10 GIRLS/BOYS 2006 & 2007 3000 METERS

11-12 GIRLS/BOYS 2004 & 2005 3000 METERS

13-14 GIRLS/BOYS 2002 & 2003 3000 METERS (No 4K Course at this meet)

**MEET DIRECTOR:** Brett Carney [BrettCarney10@gmail.com](mailto:BrettCarney10@gmail.com) or 515-203-9557

**Pre-Registration Preferred by mail** or you can email Brett with registration information.

**MAIL ENTRIES:** Brett Carney 3216 Tupelo Circle Ames, IA 50014

**CHECKS PAYABLE TO:** AARC (Ames Area Running Club). . (USATF membership NOT required)

**2016 Ames Youth Running Club USATFCC Meet on 10/16/2016**

**NAME** \_\_\_\_\_ **GENDER** \_\_\_\_\_ **BIRTH DATE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**EMAIL** \_\_\_\_\_ **TEAM NAME** \_\_\_\_\_

**WAIVER:** In consideration of acceptance of this entry, I intend to be legally bound for myself, my heirs, executors, administrators to waive and release any and all rights and claims for damages I may have or that may hereafter occur to me against the Ames Youth Running Club, Brett Carney and the City Ames, Iowa, in connection with the USA Track and Field Cross Country Meet held at the Moore Memorial Park in Ames, Iowa

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_