

JOHNSTON RUNNING CLUB  
Youth Development Cross Country Meet  
Sunday, October 9, 2016

Location: Johnston Middle School/High School

6501 NW 62<sup>nd</sup> Ave Johnston

Course: Flat, start and finish east of Johnston High School track, great spectator course

Entry Fee: \$5.00 per runner, USATF Membership not required

Registration: Open at 1pm

Race Time: 2pm, 8 & Under – 2000 meters

9-10 – 3000 meters

11+ – 3000 meters

Awards: Medals for places 1-3, Ribbons for places 4-6 in each age division and gender

Age Rules: Age determined as of December 31, 2016.

<b>AGE DIVISIONS</b>	<b>BIRTH YEAR</b>
8 & UNDER GIRLS/BOYS	2008 AND AFTER
9-10 GIRLS/BOYS	2006-2007
11-12 GIRLS/BOYS	2004-2005
13-14 GIRLS/BOYS	2002-2003

Meet Director: Britta Wey, johnstonrunning@gmail.com, 515-770-2038

Bring Registration form to the meet

Make checks payable to Johnston Running Club

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**2016 JOHNSTON RUNNING CLUB YOUTH CROSS COUNTRY MEET ENTRY FORM**

NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ AGE AS OF 12/31/16 \_\_\_\_\_

CITY \_\_\_\_\_ TEAM NAME \_\_\_\_\_ CIRCLE: M or F

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 Johnston Running Club, the City of Johnston, Iowa, and the Johnston Community School District in connection with the USA Track and Field Cross country Meet held at the Johnston High School.

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