



## Lightning Running Club (LRC)

**2010 YOUTH XC MEET**  
*with Team Championship Competition*  
Kempton Park, Monrovia, MD

**Sunday, October 10, 2010**

<b>Event*</b>	<b>Approximate Starting Time</b>
Registration	11:30 AM
Course Walk	12:00 PM
Toddler Fun Runs (ages 4 & under) 50 meters & ½ km <i>For those not in the 1 km</i>	1:15 PM
1 km (6 & under* race)	1:45 PM
2 km (7 & 8 year olds* race)	2:00 PM
4 km (13 & 14 year olds* race)	2:30PM
3 km (9 & 10 year olds* race)	3:15 PM
3 km (11 & 12 year olds* race)	3:45 PM
Team Competition Award Ceremony	4:30 PM

\*Age as of December 31, 2010.

Boys and girls will be scored separately but may be run together by age groups, subject to the number of runners in each age group.

**Registration Fee: \$7 per athlete**  
**Toddler Fun Runs (ages 4 & under) are FREE**

### Awards:

#### **Teams:**

- Must complete & submit at registration **LRC Youth XC Meet Team Entry Form(s)** [one per age-group/gender team]; see form below.
- Team awards (1<sup>st</sup> – 3<sup>rd</sup> place) in each boy/girl age group race. Teams are comprised of 5 to 8 runners per age group team. Top 4 finishers for each team "scores" (e.g., places are added for total team score).

#### **Individuals:**

- **Medals:** 1<sup>st</sup> – 3<sup>rd</sup>; **Place Ribbons:** 4<sup>th</sup> – 10<sup>th</sup>; **Participant Ribbons:** 11<sup>th</sup> – 30<sup>th</sup>

### Directions:

- From *Frederick or Howard County*: Take I-70 to Rte 75 exit, south. Proceed to Rte 80, turning left (east). Follow for approx. 1.5 miles, turn right onto Kempton Church Rd. Follow ¾ miles, turn right into Kempton Elementary School. Entrance to park is on right side of school.
- From Washington DC area: Take I-270 North to Rte 80 (Urbana/Buckeystown) exit, left on Rte 80 towards Urbana. Right onto Kempton Church Rd. (will cross Route 355 and Rte 75). Follow ¾ miles; turn right into Kempton Elementary School. Park entrance is on right side of school.

**Concessions and restrooms will be available. Please do not park on the grass.**

**Meet Directors:** Darcy & Greg Strouse, 301-305-5222 or [lrc\\_xc@yahoo.com](mailto:lrc_xc@yahoo.com)

# For Coaches Use Only – Submit One Team Entry Form Per Event

## **TEAM ENTRY FORM FOR THE 2010 LRC YOUTH XC MEET** (must be submitted at registration on October 10, 2010)

**Note 1:** This form is for registering a team for team competition at the LRC Youth XC meet.

**Name of Team/Club:** \_\_\_\_\_

**Team/Club Head Coach:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

### **Event:**

Sub Primary – 6 & Under Girls

Primary – 7/8 yrs Girls

Youth – 13/14 yrs Girls

Sub Primary – 6 & Under Boys

Primary – 7/8 yrs Boys

Youth – 13/14 yrs Boys

Bantam – 9/10 yrs Girls

Midget – 11/12 yrs Girls

Bantam – 9/10 yrs Boys

Midget – 11/12 yrs Boys

### **List Team Members:**

	<i>Name</i>	<i>Birth Date</i>
1		
2		
3		
4		
5		
6		
7		
8		