



**HOWARD COUNTY JUNIOR STRIDERS
YOUTH CROSS COUNTRY MEET
SUNDAY SEPTEMBER 25TH, 2011**

CENTENNIAL HIGH SCHOOL, 4300 CENTENNIAL LANE,
ELLCOTT CITY, MD 21042, CONTACT: PHIL LANG 443-745-6896

AGE AS OF DECEMBER 31ST, 2011 (NOT AGE ON RACE DAY)

Entrance Fee: \$5 per Athlete

SCHEDULE:

11:30 am – 12:30 pm..... Registration (Set up in bleachers or in grass area between bleachers and school)

12:45 pm..... Course Walk

1:30 pm 1K6 & under (BORN IN 2005 OR BEFORE)

All other races will begin approximately 5 min. after the last runner in the race before.

Normally, races take between 15-25 min. to run.

2 K 7 & 8 (BORN IN 2003 AND 2004)

3 K 9 & 10 (BORN IN 2001 AND 2002)

3 K 11 & 12 (BORN IN 1999 AND 2000)

4 K 13 & 14 (BORN IN 1997 AND 1998)

We will start the boys first with the girls starting approximately 1 minute after the boys.

OTHER:

New finish on track (finally)! Courses same as last year other than finish.

Portable toilets are available.

Concessions will be sold.

Except in the 6 & under race, parents, coaches or others can not run with runners.

Awards: Medals to top 3 boys and girls and ribbons for places 4th thru 15th in all races.

This is a rain or shine event; in the case of lightning we will wait until it passes.

DIRECTIONS TO CENTENNIAL:

*From Frederick Area: Take Rt. 70 East. Take exit 82 and follow Rt. 40 East for 3.5 miles. Turn right onto Centennial Lane. Go 2 miles. School is on the right just past Burleigh Manor Middle School. Follow blacktop area behind school to race start/finish area.

*From Baltimore: Take Rt.70 West. Take exit 87A on the left and follow Rt. 29 South for less than 2 miles. Take exit 24B and follow Rt. 40 West for 2 miles. Turn left onto Centennial Lane. Go 2 miles. School is on the right. Follow blacktop area behind school to race start/finish area.

