



Lightning Running Club (LRC)

2011 YOUTH XC MEET
with Team Championship Competition
Kemptown Park, Monrovia, MD

Sunday, October 9, 2011

Event*	Approximate Starting Time
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
NEW! OPEN 3 km (age 15 & older only ; for coaches, parents, siblings, etc.!)	4:15 PM
Team Competition Award Ceremony	4:45 PM

*Age as of December 31, 2011.

- 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.
- Parents & Coaches may not pace athletes in the 2 km, 3 km, and 4 km races

Registration Fee: \$7 per athlete for 1 km – 4 km races; \$3 for Open 3 km
Toddler Fun Runs (ages 4 & under) are FREE

Awards:

🏆 Teams – for youth races only:

- Must enter by 9/30/2011; see attached LRC Youth XC Meet Team Entry Form [one form per age-group/gender team]
- Team awards (1st – 3rd place) in each boy/girl age group race. Teams are comprised of 4 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: 1st – 3rd; Place Ribbons: 4th – 10th; Participant Ribbons: 11th and above

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 Kemptown Church Rd. Follow ¾ miles, turn right into Kemptown 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 Kemptown Church Rd. (will cross Route 355 and Rte 75). Follow ¾ miles; turn right into Kemptown 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

TEAM ENTRY FORM FOR THE 2011 LRC YOUTH XC MEET

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

Youth Age-group team form must be submitted by **Friday, September 30, 2011**

Mail forms to: Dr. Darcy Strouse, 8509 Guertin Ct., Frederick, MD 21704 or e-mail to lrc_xc@yahoo.com

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

Note 2: Participants must pay registration fee individually at the meet.

Note 3: No teams will be formed on race day.

Name of Team/Club: _____

Team/Club Head Coach: _____

Event (select one):

Sub Primary – 6 & Under Girls

Sub Primary – 6 & Under Boys

Primary – 7/8 yrs Girls

Primary – 7/8 yrs Boys

Bantam – 9/10 yrs Girls

Bantam – 9/10 yrs Boys

Midget – 11/12 yrs Girls

Midget – 11/12 yrs Boys

Youth – 13/14 yrs Girls

Youth – 13/14 yrs Boys

List Team Members:

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