



Maryland Youth XC Championships

Includes Qualification for the AAU National Cross Country Championships & the Cross Country Coaches National Youth Championships (CCCNYS)

Hosted by: Lightning Running Club (LRC)

Ballenger Creek Park, Frederick, MD

Sunday, November 15, 2009

Meet Schedule

Event	Year of Birth**	Distance	Approximate Start Time***
Course Walks: All Race Distances		ALL	9:30 AM at the Starting Line
1 - Intermediate (15/16)	1993 - 1994	5 km	10:30 AM (B&G)
2 - Young Men/Women (17/18)	1991 - 1992	5 km	10:30 AM (B&G)
3 - Primary (8 yr & younger)	2001 & after	2 km	11:10 AM (G), 11:30 AM (B)
Awards Ceremony for age-groups 1 to 3 (B&G) & Maryland AAU 2009 Outstanding XC Athletes: 12:00 PM at the Awards Pavilion			
Race courses open for non-guided review			
4 - Bantam (9/10 yr)	1999 - 2000	3 km	12:30 PM (G), 1:00 PM (B)
5 - Midget (11/12 yr)	1997 - 1998	3 km	1:30 PM (G), 2:00 PM (B)
6 - Youth (13/14 yr)	1995-1996	4 km	2:30 PM (G), 3:00 PM (B)
Awards Ceremony for age-groups 4 to 6 (B&G): 3:45 PM at the Awards Pavilion			

* Competitors must compete in their own age divisions only; ** Age as of 12/31/2009;

*** Where noted boys (B) & Girls (G) races will be run separately..

General Information for Maryland Youth XC Championship Competition

Location

- Ballenger Creek Park, Frederick, MD (5420 Ballenger Creek Pike, Frederick, MD 21703)

Individual and Age-group Team Competition

- Teams can consist of 5 – 8 runners per age-group (Primary, Bantam Midget, Intermediate, Young Men/Women)
- Age-group teams must pre-register. SEE ENTRY FORMS BELOW.



Pre-registration Entry Fee:

- \$10 per participant. No separate entry fee for age-group teams. All pre-registrations must be post marked by October 23 – NO EXCEPTIONS.
 - Age-group teams must pre-register (post marked by October 23, 2009)
 - Make checks payable to LRC. No refunds.
 - Mail registration/entry material to: Dr. Darcy L. Strouse, 8509 Guertin Ct. Frederick, MD 21704.

On-site Registration Fee:

- \$20. NO on-site registration for teams.

Course Walks

- Guided course walks begin at 9:30 AM at the Starting Line; race courses will also be open for review (non-guided) from 12:00 to 12:30 PM during the 12:00 PM Awards Ceremony.

Awards

- *Special Championship Individual Awards*
- *Special Championship Team Awards*

OPEN Competition (non-National meet qualification)

- NO national youth organization membership is required; NO advancement to National AAU and/or CCCNYC competition for participation as an "OPEN" athlete/team.

AAU Cross Country National Championship Qualification

- Qualification for the AAU Cross Country National Championship (12/5/09) in Orlando, FL as an individual or age-group team through participation in this championship meet.
- Each athlete must have valid 2010 AAU membership number to compete to qualify for the 2009 AAU Cross Country National Championship (see www.aausports.org for membership information).

Cross Country Coaches National Youth Championships (CCCNYC) Qualification

- Qualification for the CCCNYC (12/5/09) Nashville, TN as an individual or age-group team through participation in this championship meet.
- Each athlete must have valid membership in YES-Athletics to compete to qualify for the 2009 CCCNYC (see www.youthcrosscountry.org for membership information).

Concessions and restrooms will be available.

Meet Directors: Darcy and Greg Strouse, 301-874-6023 or lrc_xc@yahoo.com

Directions to Ballenger Creek Park (5420 Ballenger Creek Pike, Frederick, MD 21703):

1. Take US 15 South to US 340 West.
2. Take Exit #5 onto the ramp for MD 351 (Ballenger Creek Pike).
3. Go right off the Exit onto MD 351 for one mile.
4. The Park is on the right just past Ballenger Creek Middle School.



ATHLETE ENTRY FORM FOR COMPETITION: This form must be completed for each athlete participating in the meet. Pre-registration postmarked by October 23, 2009.

Participant Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ Email: _____

Date of Birth (MM/DD/YY): _____ Sex: ___F ___M

Name of Team/Club: _____

Qualification/Competition Category - check category and provide required membership numbers:

1__AAU Qualification

AAU membership #: _____

2__CCNYC Qualification

YES membership #: _____

3__OPEN (non-qualification)

Age Group/Division (check one):

__Primary - 8 & Under Girls

__Bantam - 9/10 yrs Girls

__Midget - 11/12 yrs Girls

__Primary - 8 & Under Boys

__Bantam - 9/10 yrs Boys

__Midget - 11/12 yrs Boys

__Youth - 13/14 yrs Girls

__Intermediate - 15/16 yrs Girls

__Young Women - 17/18

__Youth - 13/14 yrs Boys

__Intermediate - 15/16 yrs Boys

__Young Men - 17/18

WAIVER: As the parent or guardian of this child, I authorize participation in the 2009 Maryland Youth XC Championships. I assume all risks and hazards incidental to such participation both during the activity and en-route, and do hereby release and waive all claims against the AAU, Frederick County Parks and Recreation, Lightning Running Club, their agents, representatives, successors, volunteers and other participants. I further testify that I have practiced and I am physically fit and in condition to compete in this event.

Signature of Parent or guardian of athlete

Mail registration/entry material to: Dr. Darcy L. Strouse, 8509 Guertin Ct. Frederick, MD 21704.



For Coaches Use Only

TEAM ENTRY FORM FOR AGE-GROUP TEAM COMPETITION

(must be post marked by October 23, 2009)

Note: An **Athlete Entry Form** for each team member must be submitted with this form.

Name of Team/Club: _____

Team/Club Head Coach: _____

Name: _____

Phone Number: _____ **Email:** _____

Event:

Primary - 8 & Under Girls

Bantam - 9/10 yrs Girls

Midget - 11/12 yrs Girls

Primary - 8 & Under Boys

Bantam - 9/10 yrs Boys

Midget - 11/12 yrs Boys

Youth - 13/14 yrs Girls

Intermediate - 15/16 yrs Girls

Young Women - 17/18

Youth - 13/14 yrs Boys

Intermediate - 15/16 yrs Boys

Young Men - 17/18

List Team Members

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