



Lightning Running Club (LRC)

2009 YOUTH XC MEET
with Team Championship Competition
Kempton Park, Monrovia, MD

Sunday, October 18, 2009

Event*	Approximate Starting Time
Registration	11:30 AM
Course Walk	12:00 PM
Toddler Trot (ages 3 & under)	1:15 PM
1 km (6 & under* race)	1:30 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, 2009.

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 Trot (ages 3 & under) is 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 (1st – 3rd place) in each boy/girl age group race. Teams are comprised of 4 to 6 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 – 30th

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. Turn right onto Kempton Church Rd. (will cross Route 355 and Rte 75). Follow ¾ miles; turn right into Kempton Elementary School. Entrance to park is on right side of school.

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

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

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

TEAM ENTRY FORM FOR THE 2009 LRC YOUTH XC MEET (must be submitted at registration on October 18, 2009)

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		