

Ribbon Breakers™

First Annual Youth Cross Country Invitational



SHERANDO PARK

185 South Warrior Drive
Stephens City, VA 22655

Sunday, September 27, 2009

Order of Events¹

	Approximate Starting Time
Registration	Noon
Course Walk	12:30
1K (6 and under)	1:30
2K (7 and 8 year olds)	2:00
3K (9 and 10 year olds)	2:30
3K (11 and 12 year olds)	3:00
4K (13 and 14 year olds)	3:30

****Age Determination as of 12/31/09****

Entry Fee: \$5.00/Athlete

Awards: Medals: 1st to 3rd Place

Contact: Coach Aeon: e-mail ribbonbreakers@netscape.net /(703)283-0199

¹ Pacing/Running on the course with an athlete is not permitted, except for the 1K race (6 & Under).