

LIGHTNING RUNNING CLUB

Youth Cross Country Meet

Sunday October 24, 2021

Location: Old National Pike District Park, 12406 Old National Pike Mt. Airy, MD 21771

Registration: Must be done on-line at athletic.net. by 9:00 p.m. Thursday, October 21. *NO REGISTRATION AT THE MEET.* The cost is \$10.00 per athlete.

Packet Pick Up: Will be available prior to the meet at the Timing Table.

Order of Races (the times are firm):

<u>Starting Time</u>	<u>Age/Gender Groups</u>	<u>Distance</u>
1:00	6&U Girls and 6&U Boys**	1 Kilometer
1:15	7/8 Girls	2 Kilometers
1:35	7/8 Boys	2 Kilometers
1:55	9/10 Girls	3 Kilometers
2:25	9/10 Boys	3 Kilometers
2:55	11/12 Girls	3 Kilometers
3:25	11/12 Boys	3 Kilometers
3:55	13/14 Girls and 15/18 Girls (run together)	4 Kilometers
4:25	13/14 Boys and 15/18 Boys (run together)	4 Kilometers

** - Parents can run with 1K runners. NO PACING allowed in other races.

Age is as of December 31, 2021. All runners must run in their proper Age and Gender Group; otherwise, they will not be eligible for any awards.

Awards: Medals for top three finishers, ribbons for 4th thru 25th place finishers.

Course Maps – click on the following link:

<https://tinyurl.com/LightningXCMeet>

The park's **Porta-Potties** will be available.

NO CONCESSIONS will be sold.

If you have any questions, please contact Bill Gerhold at billygmd@aol.com