



**MKS Youth Cross Country Meet
Utica Park
Sunday, October 17, 2021**

LOCATION: Utica Park, 10200-B Old Frederick Rd, Frederick, MD 21701

MEET DIRECTOR: Rachel Wood (Middlestownknightstriders21@gmail.com)

ELIGIBILITY: Youth races are open to athletes aged 4 to 14 years old (by the end of 2021). Unattached athletes are welcome.

AGE GROUPS: Athletes' age groups are determined by the age they will be on December 31, 2021.

- 6 and under (born 2015 and later)—1K
- 7 to 8 year-old (born 2013 and 2014)—2K
- 9 and 10 year-old (born 2011 and 2012)—3K
- 11 and 12 year olds (born 2009 and 2010)—3K
- 13 and 14 year-olds (born 2007 and 2008)—4K

MEET REGISTRATION: Meet cost is \$10 per athlete and registration must be done on Athletic.net by **Thursday, October 14 at 9 pm**. THERE WILL BE NO SAME DAY REGISTRATION.

PACKET PICK UP: Bib packets can be picked up from the Bullseye Running timing table at the finish line.

AWARDS: Awards will be distributed to the top 15 runners in each age/gender division. Top 3 will receive medals and 4-15 will receive ribbons. Please note, top 15 runners will be held at the finish line for approximately 5 minutes after the 15th runner crosses and until the results have been finalized to receive their awards.

CONCESSIONS: There will be no concessions sold. Water will be available at the finish line for athletes only.

COURSES: [Course maps are linked HERE](#). There are no formal course walks but athletes, parents, and coaches are welcome to come early to do a self-guided walk. Course will be open at 11 am. The course will be well marked with paint, flags, and directional signs.

MEET SCHEDULE: No race will start before the published time. If necessary for safety reasons, the 4K may be staggered, girls starting approximately 5 minutes after the boys.

6 & under	1K	Boys/Girls	1 pm
7/8	2K	Boys/Girls	1:20 pm
9/10	3K	Boys/Girls	1:45 pm
11/12	3K	Boys/Girls	2:30 pm
13/14	4K	Boys/Girls	3:15 pm

Parents may run with athletes in the 6 and under race. No parents or athletes are allowed to pace or run with athletes aged 7 and above.

RESULTS: Live results will be posted at Bullseye.tf

