

GreenXCFlash

2016 YOUTH MEET
with Team Championship Competition
Kempton Park, Monrovia, MD

Sunday, October 30, 2016

Please do not park on the grass.

Meet Directors: Darcy & Greg Strouse, 301-305-5222 or bmerunningclub@gmail.com

APPROXIMATE SCHEDULE

Event*	<i>Approximate Starting Time</i>
Packet Pick-up/On-site Registration	11:00 AM
Course Walk	12:00 PM
1 km (6 & under* race)	1:00 PM (G), 1:15 PM (B)
2 km (7 & 8 year olds* race)	1:30 PM (G), 1:45 PM (B)
3 km (9 & 10 year olds* race)	2:00 PM (G), 2:20 PM (B)
3 km (11 & 12 year olds* race)	2:40 PM (G), 3:00 PM (B)
4 km (13 & 14 year olds* race)	3:20 PM (G), 3:50 PM (B)
OPEN 5 km (age 15 & older; for coaches, parents, siblings, etc.!)	4:20 PM
Team Competition Award Ceremony	5:00 PM
<ul style="list-style-type: none"> Boys and girls will race separately as designated by age-group. Parents & Coaches may NOT run with athletes in the 2 km, 3 km, and 4 km races and may NOT run with the front runners in the 1 km. 	

***Age as of December 31, 2016.**

Registration Procedures:

- * **Register ONLINE via RunSIGNUP for ALL Races** at \$7 per athlete (closes on 10/15/16)
- * **For AGE GROUP Team Competition; each runner on an age-group team must be pre-registered via RUNSIGNUP first. Head Coaches must then submit paper Team Entry Forms (see page 2).**
- * **ON-SITE/RACE DAY REGISTRATION for ALL Races at \$10 per athlete.** Checks made payable to: Darcy Strouse

Awards: Teams: Team awards (1st – 3rd place) in each boy/girl age group event. Teams are comprised of 5 to 8 runners per age group team. Top 5 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 & up.

CLUB AGE-GROUP TEAM ENTRY FORM FOR THE 2016 Green Flash YOUTH XC MEET

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

Age-group team athletes must be **PRE-REGISTERED** via **RunSignUp** by **Wednesday, October 20, 2016** and this team entry form must be submitted by **October 22, 2016**.
Mail team entry forms to: Dr. Darcy Strouse, 8509 Guertin Ct., Frederick, MD 21704
OR Email to: bmerunningclub@gmail.com.

Note 1: This form is for registering a team for **age-group team competition** at the Green Flash Youth XC meet. Submit one form per event (per team). Clubs may have more than one team per event (e.g., "A," "B," "C," etc.); each team needs a separate form.

Note 2: All runners on a team **MUST** represent the same club.

Note 3: Teams may range from **5 to 8 athletes**.

Note 4: Age-group team will be randomly assigned to starting boxes.

Name of Club: _____

Club Head Coach: _____

Event (select one):

☐ Sub Primary – 5/6 Girls

☐ Sub Primary – 5/6 Boys

☐ Primary – 7/8 yrs Girls

☐ Primary – 7/8 yrs Boys

☐ Bantam – 9/10 yrs Girls

☐ Bantam – 9/10 yrs Boys

☐ Midget – 11/12 yrs Girls

☐ Midget – 11/12 yrs Boys

☐ Youth – 13/14 yrs Girls

☐ Youth – 13/14 yrs Boys

☐ Adult – 15 & Older Women

☐ Adult – 15 & Older Men

List Team Members (each athlete **MUST be PRE-Registered for the meet):**

	Name	Birth Date*
1		
2		
3		
4		
5		
6		
7		
8		

*** As of 12/31/16**