

2010 RAIN CITY STAMPEDE CROSS COUNTRY MEET

Sponsored by RAIN CITY FLYERS and SEATTLE PARKS and RECREATION
Sanctioned by USA TRACK & FIELD

WHEN: Saturday, October 30, 2010

WHERE: Lower Woodland Park, Seattle, off North 50th, east of Aurora Avenue and Zoo.
From I-5 take 50th west to Woodland Park.

COURSE: Hilly with grass, dirt and gravel running surfaces and short pavement crossings. Race distances are approximate.

QUESTIONS: Jim Neff 206-523-4233 or jneff48@aol.com

REGISTRATION: \$6 entry fee per participant.

9:30 Registration begins at Picnic Shelter #3. Continues through day.

10:30 Course walk through, all ages/courses.

AWARDS: Individual: Awards for 1st through 8th, all races. Participant ribbons available.
Team: Awards for members of 1st through 3rd place teams in all races. Minimum 3 team members to score, maximum 8. Displacement scoring.

HALLOWEEN COSTUME AWARDS: Special awards for best Halloween costumes suitable for running. No masks or clothing that impairs running. Judging immediately before start of course walk through.

RESULTS: Meet results will be posted at www.raincityflyers.com

NAME _____ DATE OF BIRTH _____ GIRL/BOY

ADDRESS _____ CITY _____

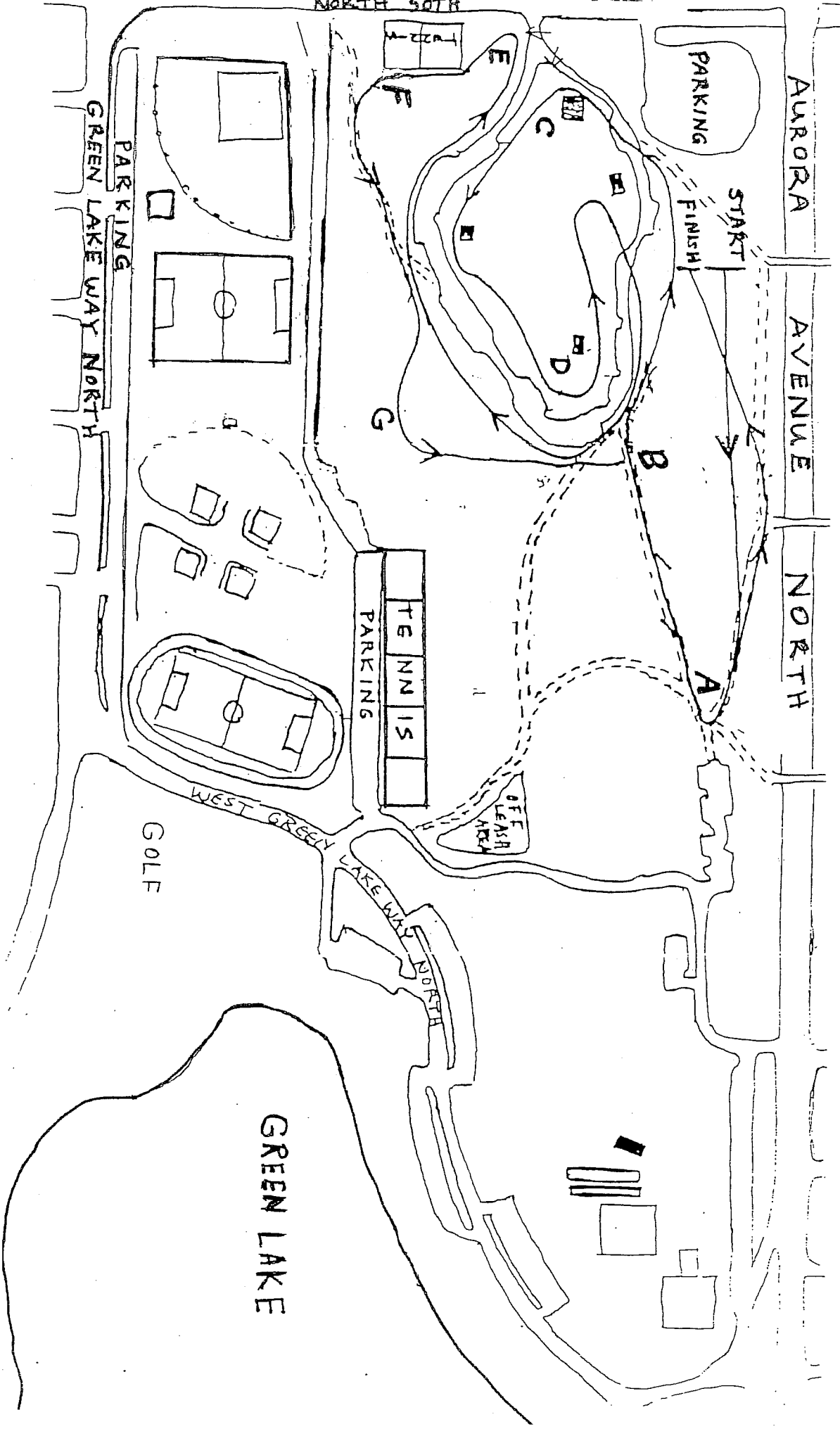
PHONE _____ TEAM _____

Please check your race division below. YOUR AGE GROUP IS YOUR AGE AS OF 12/31/10, NOT YOUR DAY OF RACE AGE. You may only compete in your own age group, except anyone age 10 or younger (as of 12/31/10) may compete as a Bantam. You may only enter one race.

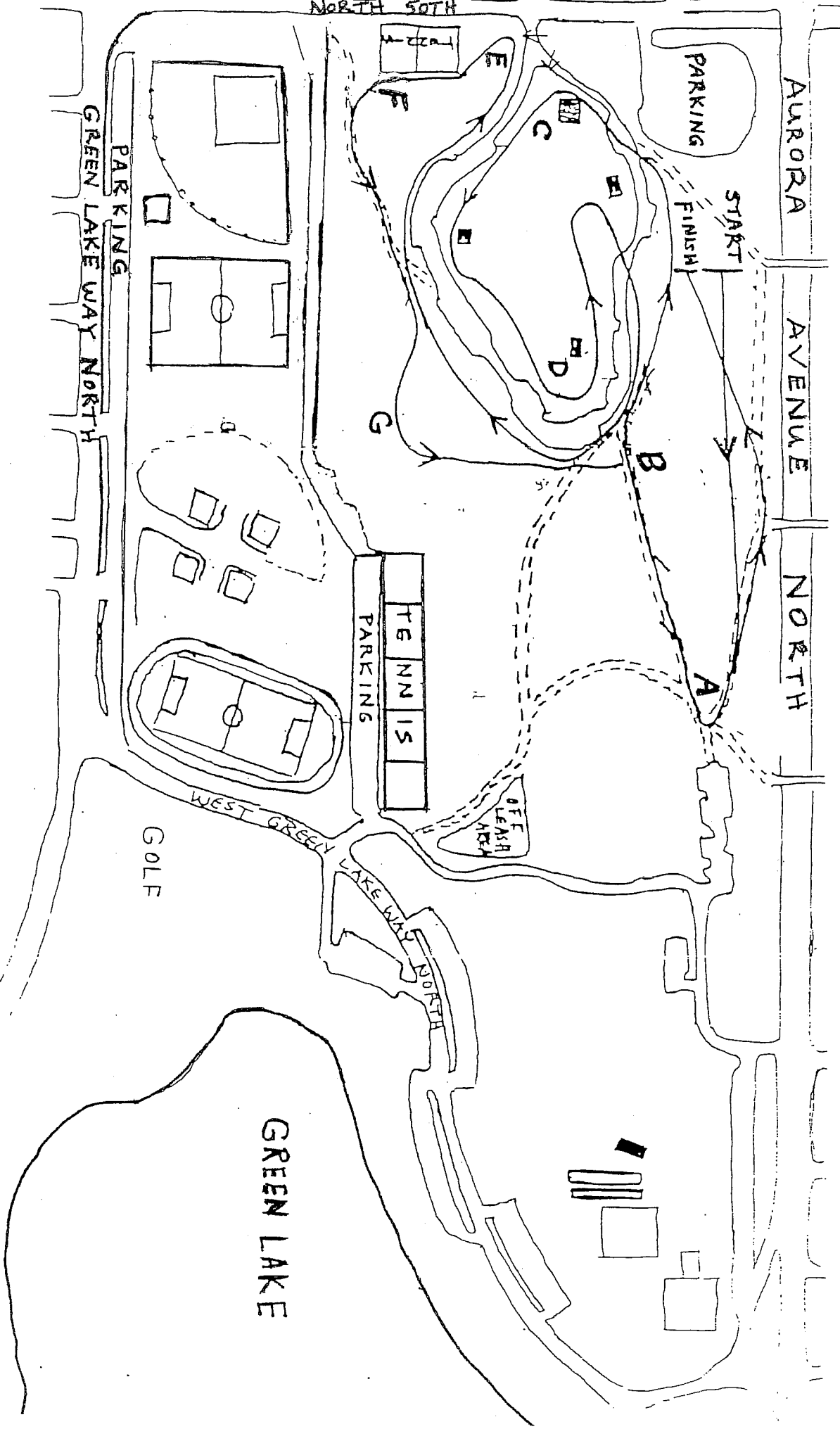
_____ 11:00 6 and under (700 meters)	_____ 1:00 Midget (11/12) Boys (3000)
_____ 11:10 8 and under (2000 meters)	_____ 1:30 Youth (13/14) Girls (4000)
_____ 11:30 Bantam (9/10) Girls (3000)	_____ 2:00 Youth (13/14) Boys (4000)
_____ 12:00 Bantam (9/10) Boys (3000)	_____ 2:30 15-18 and Open (4000)
_____ 12:30 Midget (11/12) Girls (3000)	

PLEASE READ AND SIGN: I release RAIN CITY FLYERS, their club members, officers and representatives, any sponsor, the CITY of SEATTLE and USA TRACK & FIELD from any claim for injuries or damages that may occur as a result of participation in this event. I attest that the participant is in proper physical condition to compete in the event and am aware of the risks of cross country competition.

Participant (Parent or Legal Guardian if under age 18)



3000 M START- A - B - C - D - B - E - F - G - B - A - FINISH



4000 M START-A-B-C-D-B-E-F-G-B-D-C-B-A-FINISH