2014 RAIN CITY STAMPEDE CROSS COUNTRY MEET

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

WHEN: Saturday, October 25, 2014

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: $7 entry fee per participant.

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

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

AWARDS: Individual: Awards for 1 through 8, 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.

CONCESSION STAND: Food and beverages available during meet.

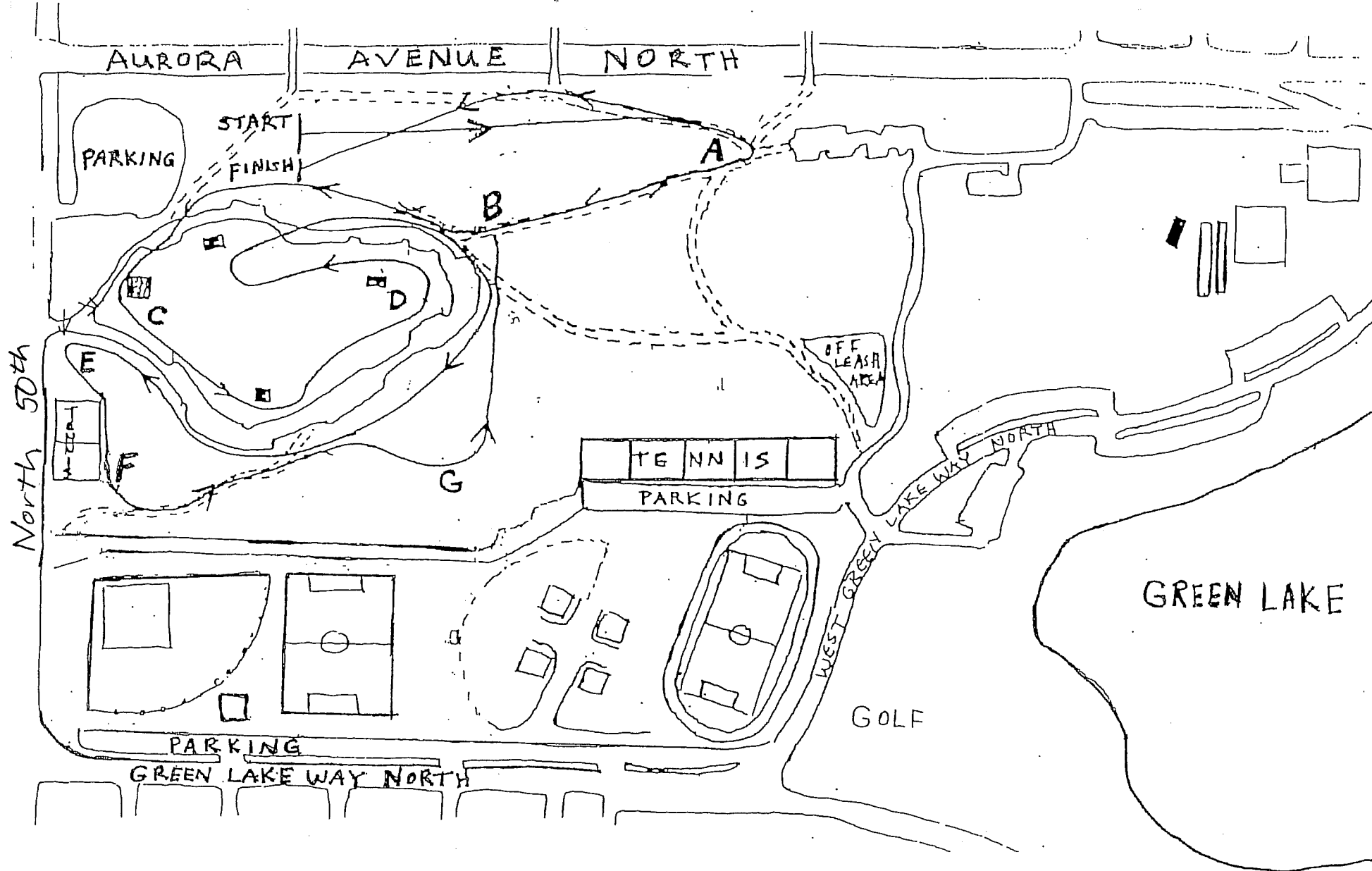**RESULTS:** Meet results will be posted at www.raincityflyers.com/

NAME_____ DATE OF BIRTH_____ GIRL/BOY

ADDRESS_____ CITY_____

PHONE_____ TEAM _____

Please check your race division below. **YOUR AGE GROUP IS YOUR AGE AS OF 12/31/14, NOT YOUR DAY OF RACE AGE.** You may only compete in your own age group, except 6 and under may compete in the 7-8 race. You may only enter one race.
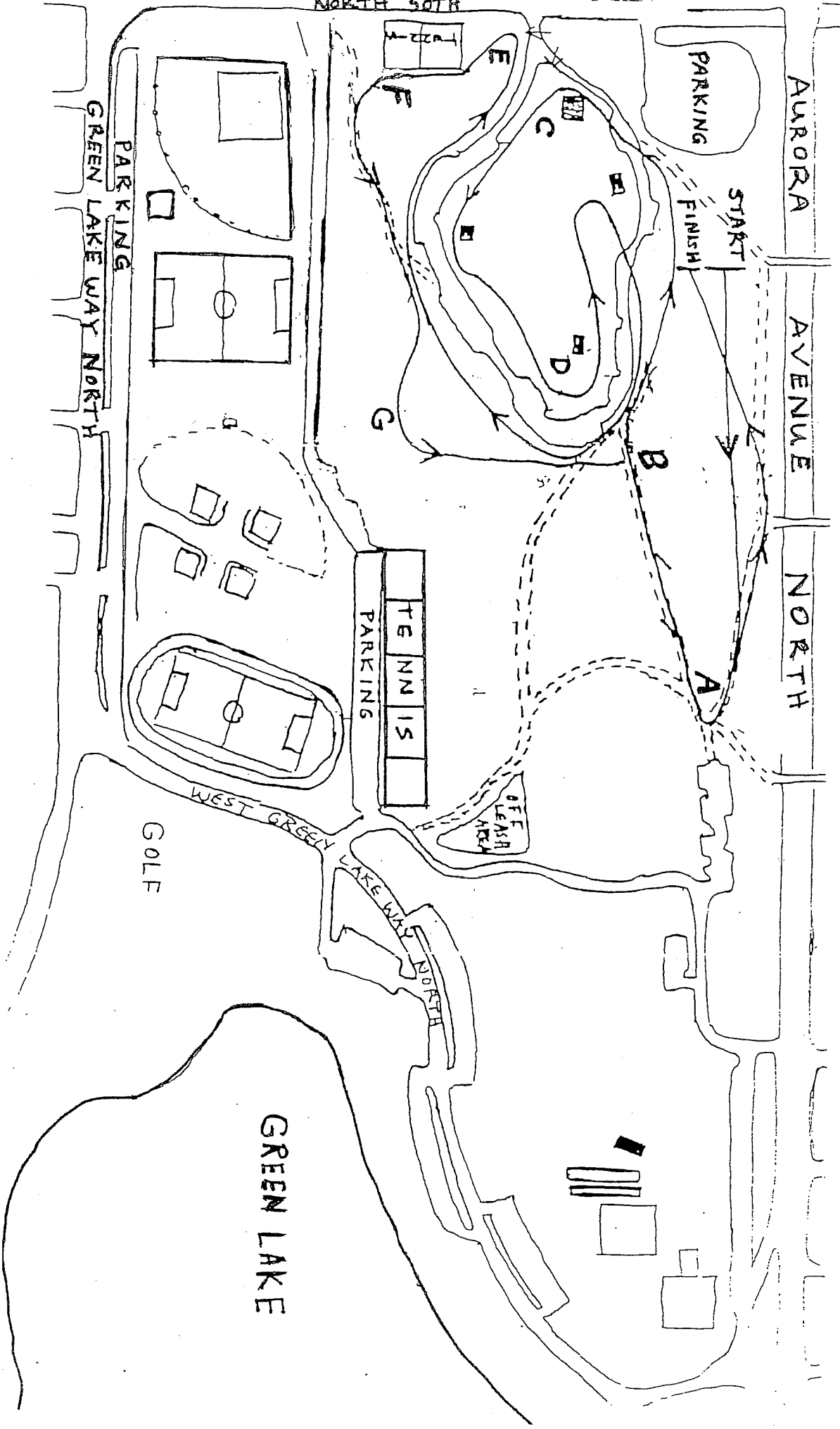
_____ 11:00 6 and under G/B (700 meters)		_____ 1:00 11-12 Boys (3000)
_____ 11:10 7-8 G/B (2000)		_____ 1:30 13-14 Girls (4000)
_____ 11:30 9-10 Girls (3000)		_____ 2:00 13-14 Boys (4000)
_____ 12:00 9-10 Boys (3000)		_____ 2:30 15-18 and Open (4000)
_____ 12:30 11-12 Girls (3000)		

PLEASE READ AND SIGN: I release RAIN CITY FLYERS, its 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)

AURORA AVENUE NORTH

PARKING

START
FINISH

A

B

C

D

E

F

G

North 50th

OFF LEASH AREA

TENNIS

PARKING

WEST GREEN LAKE WAY NORTH

GREEN LAKE

GOLF

PARKING

GREEN LAKE WAY NORTH

2000m   Start - A - B - C - D - B - A - Finish

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

AURORA AVENUE NORTH

NORTH 50TH

PARKING

START FINISH

GREEN LAKE WAY NORTH

PARKING

GOLF

TENNIS

PARKING

WEST GREEN LAKE WAY NORTH

OFF LEASH AREA

GREEN LAKE
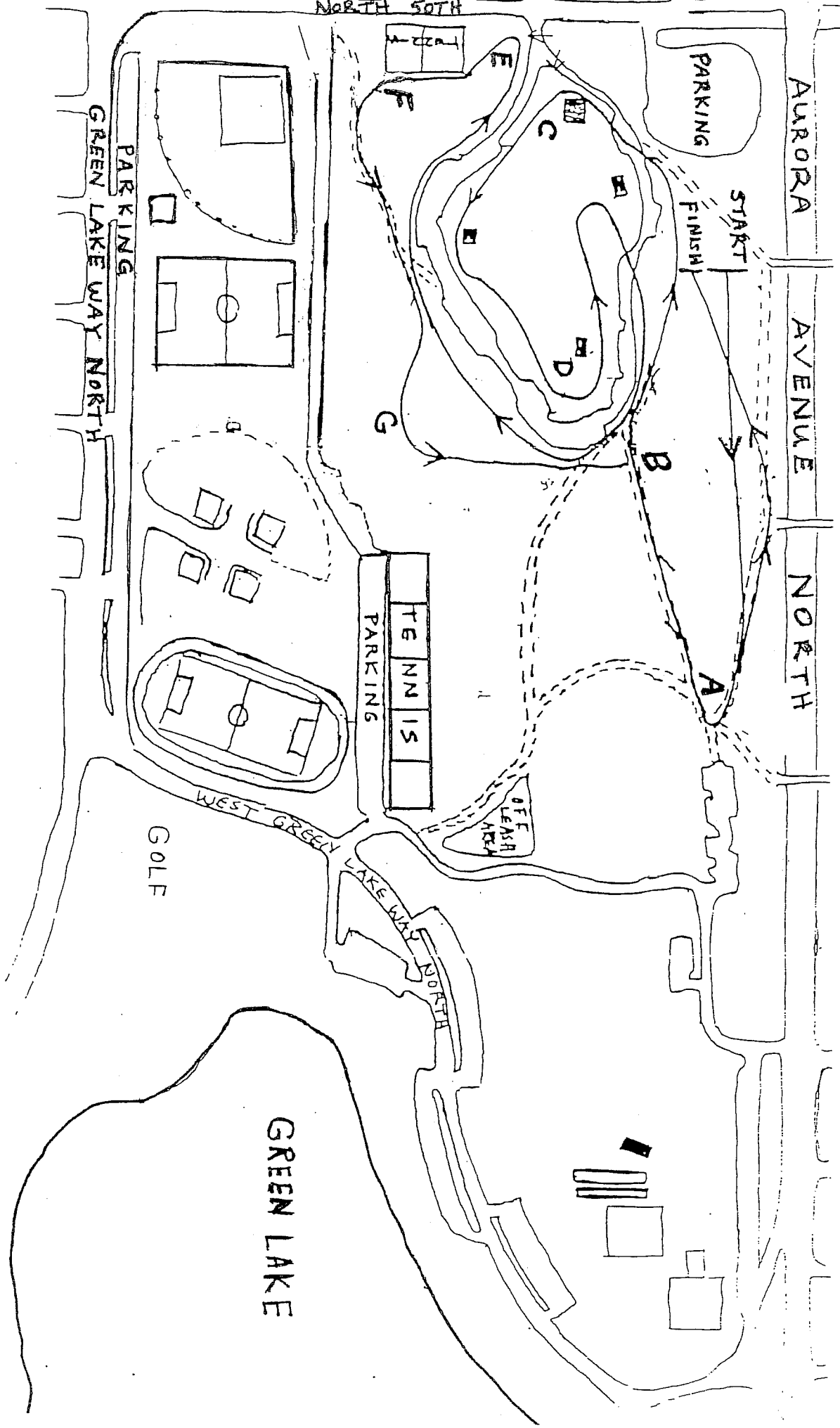
4000 M START–A–B–C–D–B–E–F–G–B–D–C–B–A–FINISH

NORTH 50TH

AURORA AVENUE NORTH

PARKING

START
FINISH

E
F
C
B
D
G
A

PARKING

GREEN LAKE WAY NORTH

PARKING

TENNIS PARKING

WEST GREEN LAKE WAY NORTH

OFF LEASH AREA

GOLF

GREEN LAKE