



**2015 RAIN CITY STAMPEDE
CROSS COUNTRY MEET**



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

WHEN: Saturday, October 31, 2015

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

10:00a.m. 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.

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 _____

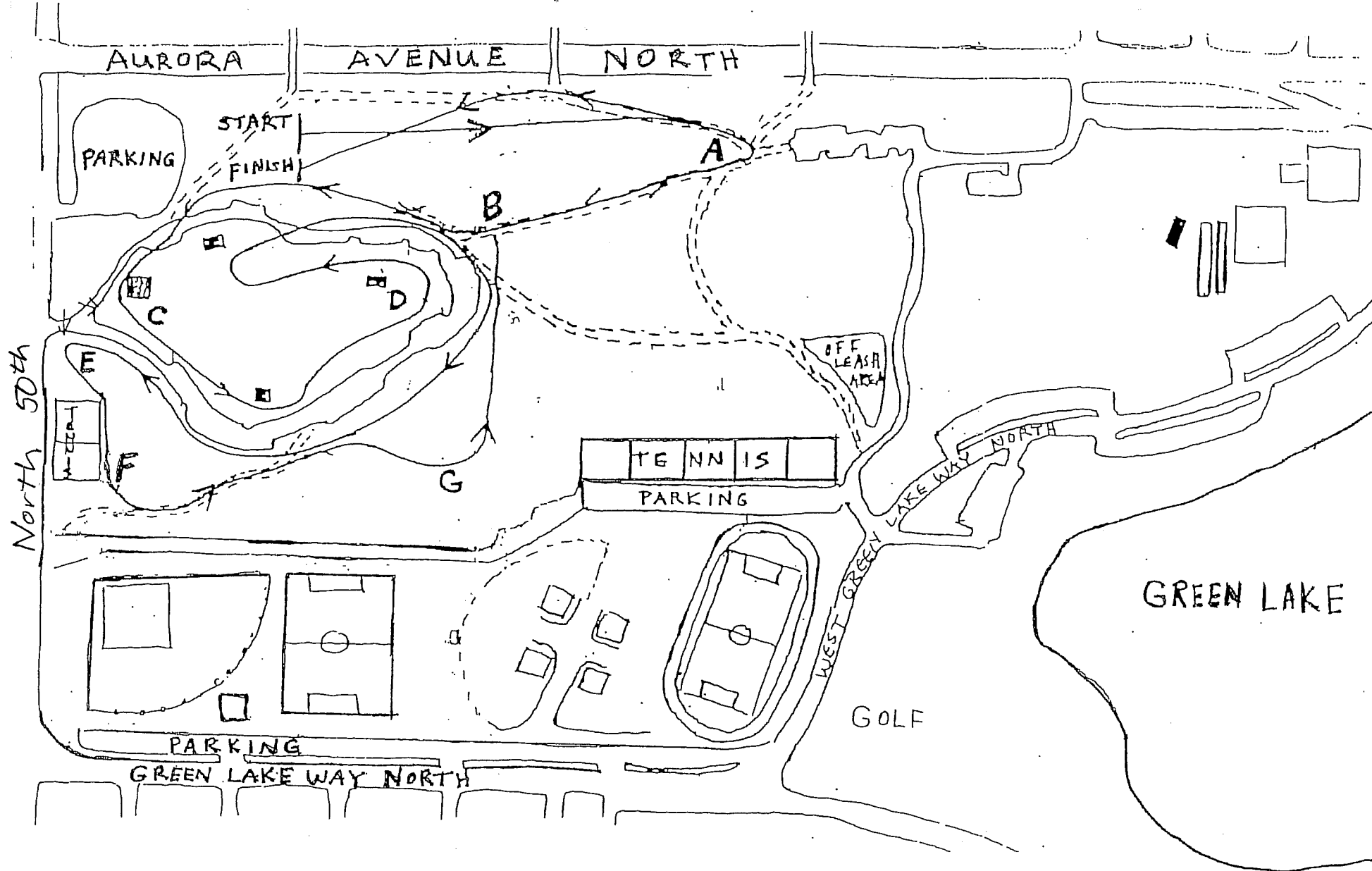
PHONE _____ TEAM _____

Please check your race division below. **YOUR AGE GROUP IS YOUR AGE AS OF 12/31/15, 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.

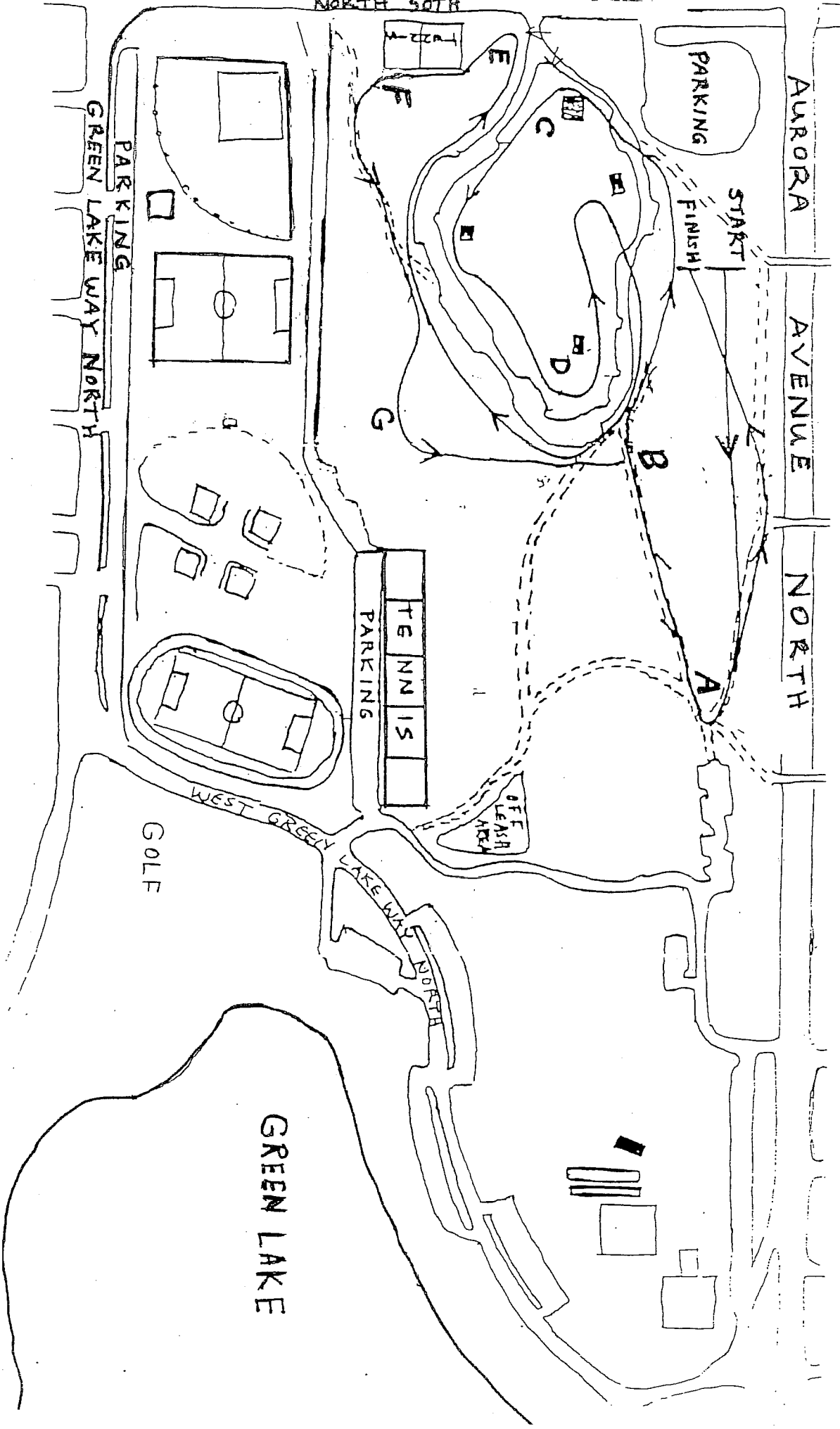
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|--|----------------------------------|
| _____ 10:45 6 and under G/B (700 meters) | _____ 12:30 11-12 Girls (3000) |
| _____ 11:00 7-8 Girls (2000) | _____ 1:00 11-12 Boys (3000) |
| _____ 11:15 7-8 Boys (2000) | _____ 1:30 13-14 Girls (4000) |
| _____ 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) |

PLEASE READ AND SIGN: I release RAIN CITY FLYERS, its club members, officers and representatives, any sponsor, the CITY of SEATTLE and SEATTLE PARKS & RECREATION, their employees and agents, 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.

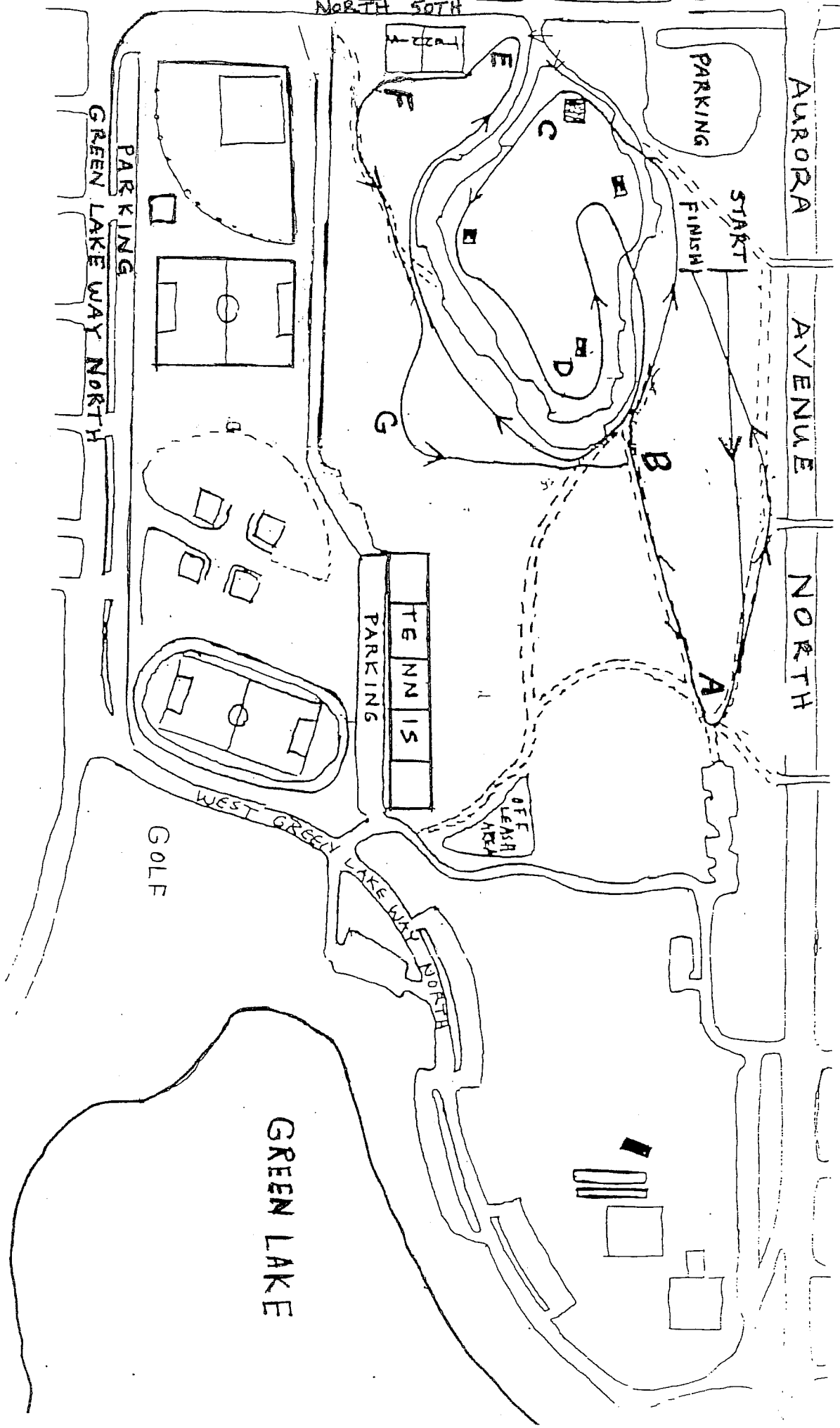
Participant (Parent or Legal Guardian if under age 18)



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



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