



JOHNSTON RUNNING CLUB



Youth Cross Country Meet
Sunday, October 13, 2019

Location: Walnut Ridge Recreation Area

Directions: From I-35/80 north of Des Moines, take Johnston/Saylorville Lake Exit (131). Go north on Merle Hay Rd for 2.7 miles, then turn left onto NW Beaver Drive for 3.1 miles. Park entrance will be on the right. Park at Shelter 2, additional parking is available at Shelter 3 (short walk to the check-in/start through the woods) or Shelter 1 (longer walk to the start).
ABSOLUTELY NO PARKING ON THE GRASS.

Course: True cross country course, rolling hills, trails through the woods

Entry Fee: \$5.00 per pre-registered runner, \$10 meet day registration;
USATF Membership not required, pay at the meet

Registration/Check-In: Open at 12:30pm; **pre-registration preferred** Teams can email registrations, unattached athletes please complete google doc - <https://forms.gle/pKvr1zox7riWTRsV9>

Race Time: 2pm (rolling schedule) Boys/Girls may be separated depending on number of entries

8 & Under – 2000 meters
9-10 – 3000 meters
11-12 – 3000 meters
13-14 – 4000 meters

Awards: Awards for places 1-6 in each age division and gender

Awards for 8&under and 9-10 will be given after the 9-10 race. Awards for 11-12 and 13-14 will be given after the 13-14 race.

Age Rules: Age determined as of December 31, 2019.

AGE DIVISIONS	BIRTH YEAR
8 & UNDER GIRLS/BOYS	2011 AND AFTER
9-10 GIRLS/BOYS	2009-2010
11-12 GIRLS/BOYS	2007-2008
13-14 GIRLS/BOYS	2005-2006

Meet Director: Britta Wey, johnstonrunning@gmail.com, 515-770-2038



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