

CMRC 2019 Youth XC Meet

Sunday, Oct. 6, 2019



Location: Carroll Manor Elementary School, 5624 Adamstown Rd., Adamstown, MD 21710

Directors: Cheryl Connors 301-639-1934

Age Groups: Age as of Dec. 31st, 2019 (Not Race Day Age)

Entrance Fee: \$6.00 per athlete

Awards: Medals for first, second, and third place in each race and gender; Ribbons for 4th thru 15th place, and all participants.

Schedule: 11:30 AM – 12:30 PM Registration Open

12:45 PM.....Course Walk

Order of Races (Rolling Schedule except for 1k)

6 & Under 1:30 PM 1k (0.62 mile)

7 & 8 2k (1.24 mile)

9 & 10 3K (1.86 mile)

11 & 12 3K (1.86 mile)

13 & 14 4K (2.48 mile)

Girls will start 2 minutes after the start of each boy's race.

Restrooms will be available.

Concessions will be sold.

Course maps will be available at registration.

Pacing parents will be allowed for ages 6 & under.