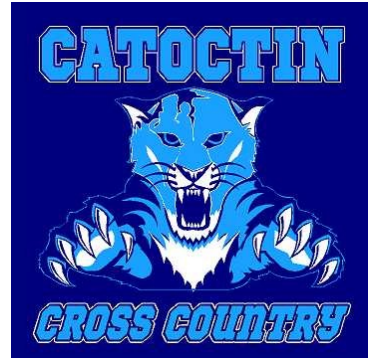


**9th ANNUAL CATOCTIN YOUTH CROSS COUNTRY MEET
SUNDAY SEPTEMBER 22, 2019 (Rain or shine!)**

Coach John 240-422-7996
Coach Kim 240-405-4809

Location: Catoctin High School
14745 Sabillasville Road
Thurmont, MD 21788



AGE AS OF DECEMBER 31, 2019 (NOT RACE DAY AGE)

Entrance Fee: \$5 per Athlete

Awards: Trophy for First Place each race & gender; Medals for 2nd & 3rd;
Ribbons for 4th thru 15

SCHEDULE: 11:30 am - 12:30 pm..... Registration Open
12:45 pm.....Course Walk

ORDER OF RACES (Except for 1K - Rolling Schedule!)

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)

WE WILL COMBINE GENDERS UNLESS NUMBERS ARE TOO LARGE. IN THAT CASE WE WILL START BOYS FIRST AND GIRLS 2 MINUTES AFTER.

Restrooms will be available.

Limited Concessions will be for sale!!!

Course maps will be available at registration.

No pacing by parents except kids 6 & under.