



Middletown Knight Striders XC Meet Sunday, October 21, 2018

Location: Middletown Park, 7628 Coblenz Road, Middletown, MD 21769

Registration: 11:30 a.m. -12:30 p.m.

Registration Fee: \$5.00 per athlete.

Age Groups: All age groups are determined by the runner's age AS OF DECEMBER 31, 2018 and not by their age on the race day.

Awards: Top three runners in each age group will receive medals. Places 4th-15th will receive ribbons.

Course Walks: 12:45 p.m.

Order of Events: All races following the 1K will be on a rolling schedule. We will begin each race approximately 5 minutes after the last runner in the race before. Every effort will be made to combine boys and girls in each race in the interest of time. However, if the race director deems that a group is too large for safety purposes, boys will start first followed by girls.

6 & Under	1K
7 & 8	2K
9 & 10	3K
11 & 12	3K
13 & 14	4K

Other: Water will be available at the finish. Park restrooms are accessible. **Parking is at the top of park by pavilion. This is where registration will be set up. Start/finish is on the pond side of the park, but there is very limited parking there. Please DO NOT bring your dogs.**

Contact: Alan or Sara Caldwell, mtownknightstriders@gmail.com or caldwellpeeps@gmail.com, 301-524-1551 (Alan), 301-524-1550 (Sara)