

Spires Youth Cross Country Meet
Sunday November 3, 2019

Coach Trevor James: 240-565-3095
Coach Tim Stevenson: 301-788-9615

Location: Rose Hill Manor Park
1611 N Market St
Frederick, MD 21701
(Parking will be at TJ High School lot)

Entrance Fee: \$5 per Athlete
Age as of December 31, 2019.

Awards: Medals for 1st, 2nd, 3rd and Ribbons for 4th thru 15th

Schedule: 11:30am-12:30pm Registration
12:45pm Course Walk

Order of Races: (6 & Under will start as soon as course walks are completed). No pacing by parents except for 6 & Under

6 & Under	1k (0.62 miles)
7 & 8	2k (1.24 miles)
9 & 10	3k (1.86 miles)
11 & 12	3k (1.86 miles)
13 & 14	4k (2.48 miles)

Note: We will start boys first and girls 1-2 minutes after. (subject to change)

Restrooms will be available.

Course maps will be posted on MapMyRun by Tuesday, Oct. 29.

The "Wanderly Wagon Food Truck" will be selling concessions.

Please park in Thomas Johnson High School parking lot which is adjacent to the park. Do not park in the Rose Hill lot.



Additional notes:

1) You must park in the Thomas Johnson High School parking lot (adjacent to Rose Hill Park) and then walk over to the park. Do not park in the Rose Hill parking lot. Also make sure to enter through the TJ lot entrances. Do not turn into the Rose Hill park entrance. We want to keep traffic to a minimum at that entrance.

2) Start and finish area is on the big field at the main entrance of the park. Tent city will be in the middle of the main field. An area for tents will be marked off. Please keep tents in this area.

3) Portable toilets will be available, and you can also use the Rose Hill restroom facility.

4) We are guests of the park, and the Rose Hill Park will still be open to the public on our meet day, so there may be other guests at the park. Please be mindful and respectful of this.

5) Good sportsmanship is key to making our event successful. Everyone, please remember that we're here for the kids and the meet is all about the kids!! Have fun!

6) There is a mandatory waiver that needs to be signed (see attached) and given to the registration staff when you pay for your child's registration.

The course terrain is a mix of fields, dirt track and wood trails with some gradual hills. There is a small bleacher set-up in the middle of the course (adjacent to the big barn) that all the runners will run by. This is a great spot to watch the runners!

MANDATORY WAIVER

ALL ATHLETES MUST HAVE A SIGNED WAIVER TURNED IN AT REGISTRATION IN ORDER TO COMPETE

WAIVER: I understand that competing in a cross-country meet can be a potentially dangerous activity. I verify that my child is physically fit, medically able to perform in this event and has trained for this competition. I assume all risks associated with my child participating in this event including, but not limited to, falls, contact with other participants, the effects of weather, the conditions of the course, and all other risks associated with such participation. Having read this waiver, and knowing these facts and in consideration of your accepting my child's entry, I for myself and my child, and anyone entitled to act on my and my child's behalf, waive and release the Frederick Steeplechasers Running Club, the Road Runners Club of America and Frederick County Public Schools, meet officials and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my child's participation in the cross-country meet hosted by the Frederick Steeplechasers Running Club (Spires Youth Program) on Sunday, November 3, 2019, even if such liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use my child's photographs, motion pictures, recordings or other record of this event for any legitimate purpose.

One signed waiver form per family

Child's Name (Last, First)

Printed Name of Parent

Signature of Parent

Date

