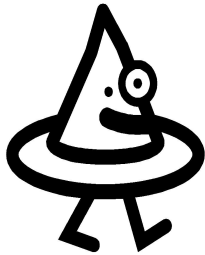
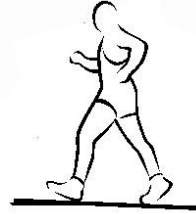
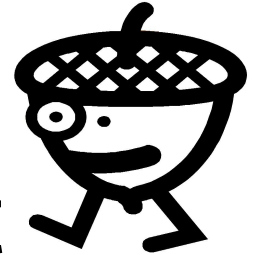


Mountain Express



Cross Country Meet



When: Sunday November 10, 2019.

Where: Smithsburg High School Track (down the hill behind the school complex).

USATF Sanctioned meet. Note. This open meet will run in conjunction with the USATF PVA JO XC Qualifier meet. Placings and awards are separate.

Course Walk and Registration/ Packet Pick Up Time: **10:30am for registration**, 11:30pm for course walk.

Estimated Race Time: 1pm. Starting with the youngest. Other races to follow according to age groups. M/F within age groups may be run at the same time if the number of athletes is not large.

Age Groups: 6 & under (1K), 7&8 (2K); 9&10 (3K); 11&12 (3K); 13&14 (4K); 15&16 (5K); 17&18 (5K); 19-24 (5K), 25-29 (5K); 30-34 (5K); 35-39 (5K); Etc.

Costs: \$5.00 for ages 14 and under, \$7.00 for ages 15 and over.

Awards: Medals to the top three and ribbons for places 4 to 6 in each M/F age group.

**Address: Smithsburg High School
66 North Main Street
Smithsburg, MD 21783**

For more information and Pre-Registration Call: Jan Price @ 301-293-4219.

E-mail: drbillprice@yahoo.com

Mountain Open Cross Country Meet Entry Form
Sunday, November 10, 2019
Smithsburg High School; Smithsburg, Maryland 21783

Last Name First name Age on 12/31/19

Sex: Male / Female Birth Date: _____ / _____ / _____
Month Date Year

Club (if independent write independent) _____

Address: _____
Number Street

City State Zip

Schedule and length of runs in kilometers. Circle the group you are in:
Note* All runners are advised to arrive in time for registration and the course walk. The start time for the first race is definite. The start time for the remaining races may vary depending on the number of participants. If the age groups by gender are significantly small, they may be run as one group. Intermediates and older gender groups may run together.

- 10:30 am- 11:30pm – Registration**
- 11:30pm – Course Walk**
- 1pm – Races Begin**
- 6 & under Girls and Boys (born in or after 2011) 1k
- 7 - 8 Boys/Girls (Born in 2009 or 2010) 2K
- 9 – 10 Boys/ Girls (Born in 2007 or 2008) 3K
- 11 - 12 Boys/ Girls (Born in 2005 or 2006) 3K
- 13- 14 Boys/ Girls (Born in 2003 or 2004) 4K
- 15 - 16 Boys/ Girls (Born in 2001 or 2002) 5K
- 17 - 18 Men/ Women (Born in 1999 or 1900) 5K

Age groups Women and Men: (19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+). 5K.
(Please Circle the above group you are in).

Costs: \$5 _____ (14 and under). \$7 _____ (15 and over).

Make checks payable to Jan Price, DO NOT MAIL CASH! Mail entries to Jan Price: 12818 Wolfsville Road Smithsburg, MD 21783-9309. Tel. 301-293-4219.

Email: drbillprice@outlook.com

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the Mountain Express attest and verify that I have full knowledge of the risks involved and am physically fit and sufficiently trained to participate in the event. The meet director reserves the right to reject any entry.

Parents must sign for contestants under the age of 18. **No refunds. Sign:** _____

Signature of contestant and/ or parent (if under 18).
Smithsburg High School Cross Country Course **DIRECTIONS:** From Frederick: Take I-70 West about 17 miles to exit 35 (MD66) to Smithsburg. You will cross MD64 in about 5 miles at the stoplight at the ACT/Exxon Gas Station, and continue on about another mile or so to the stoplight in Smithsburg. Turn left at the stoplight, go about 100 meters and turn right at the Fire Department and go to the field. You will see a road going down to the track where registration and the finish will be. **Do not go to the High School Building.**