

**P.V.Y.A. BLUE RIDGE EXPRESS**  
**YOUTH CROSS COUNTRY MEET 2019**

**SUNDAY SEPT. 15th**

BRUNSWICK HIGH SCHOOL 101 CUMMINGS DRIVE, BRUNSWICK, MD 21716  
MEET DIRECTORS: LEE & ANNE ZUMBACH 301-834-8045  
ZUM50@HOTMAIL.COM  
REGISTRATION FEE: \$5 PER RUNNER (home team does not pay reg. fee)  
AGE GROUPS: **Athlete Age as of December 31<sup>st</sup>, 2019**  
REGISTRATION: Front Gate of Stadium will open at 11:30 am.

AWARDS: Top 20 will be awarded a place ribbon at finish line.

Where numbers are large, we will run each event on a male / female stagger start. This will give each group space at start line and give the group a chance to clear the "Orchard" area at the same time it will keep the meet moving along at a reasonable pace and still give coaches and parents the chance to see their athletes.

Start and Finish in the Stadium.

Except for the 1K, all races will start at the conclusion of the previous race. Normally it takes about 30 min. to complete an age group. Since 1K tend to over lap on our course we plan to run the 1K boys first and when they are done we will run the 1K girls to avoid confusion on the course.

The meet will take place unless weather is severe in terms of T-storms. Light rain will not call off. We do meets as allowed by the field conditions at our school.

**SCHEDULE:**

| <b>AGE GROUP</b>                 | <b>DISTANCE</b> |
|----------------------------------|-----------------|
| REGISTRATION 11:30 AM – 12:45 PM |                 |
| <b>COURSE WALK REVIEW 1 PM</b>   |                 |
| 6 & UNDER                        | 1 K 1:45 pm     |
| 7-8                              | 2 K             |
| 9-10                             | 3 K             |
| 11-12                            | 3 K             |
| 13-14                            | 4 K             |

**NOTES:**

We plan to sell snacks and drinks.

Restrooms will be available. (please remind athletes to respect that space and keep it clean)

No parent pacing except with 6 & u.

We will use a "rabbit" to help guide runners on 1 k and 2k. Parent observers will be at major turns on all races and all courses will be marked with paint and cones.

**TIMES AND PLACES WILL BE DISPLAYED AT FINISH LINE.**

Moving up or down in age group is not allowed.

All parking is in front of school parking lot. **Please do not park along Rt. 464 or in the Orchard Area.**

**These are race course areas. Over flow parking is available in gravel lot near baseball field**

Runners must wear top and shoes when competing.