



## HOWARD COUNTY STRIDERS YOUTH CROSS COUNTRY MEET SUNDAY SEPTEMBER 30<sup>TH</sup>, 2018

CENTENNIAL HIGH SCHOOL, 4300 CENTENNIAL LANE,  
ELLCOTT CITY, MD 21042, CONTACT: coachlang@hotmail.com

### **\*\*\* AGE AS OF DECEMBER 31<sup>ST</sup>, 2018 (NOT AGE ON RACE DAY)**

Entrance Fee: \$5 per Athlete

#### **SCHEDULE:**

11:30 am ..... Registration Starts (Teams set up in grass area between bleachers and school)

12:45 pm..... Course Walk

1:30 pm ..... 1K ..... 6 & under (BORN IN 2012 OR BEFORE)

All other races will begin approximately 5 min. after the last runner in the race before.

Normally, races take between 15-25 min. to run.

2 K ..... 7 & 8 (BORN IN 2011 AND 2010)

3 K ..... 9 & 10 (BORN IN 2009 AND 2008)

3 K ..... 11 & 12 (BORN IN 2007 AND 2006)

4 K ..... 13 & 14 (BORN IN 2005, 2004 AND 2003)

\*We will start the boys first with the girls starting approximately 1 minute after the boys.

#### **OTHER:**

Concessions available.

Finish on track!

Portable toilets are available.

Except in the 6 & under race, parents, coaches or others can not run with runners.

Awards: Medals to top 3 and ribbons for places 4<sup>th</sup> thru 40<sup>th</sup> in all races.

This is a rain or shine event; in the case of lightning we will wait in hopes it will pass.

#### **DIRECTIONS TO CENTENNIAL:**

\*From Frederick Area: Take Rt. 70 East. Take exit 82 and follow Rt. 40 East for 3.5 miles. Turn right onto Centennial Lane. Go 2 miles. School is on the right just past Burleigh Manor Middle School. Follow blacktop area and pass the portable classrooms behind the school to gather as teams near the small staff parking lot next to the starting line area.

\*From Baltimore: Take Rt.70 West. Take exit 87A on the left and follow Rt. 29 South for less than 2 miles. Take exit 24B and follow Rt. 40 West for 2 miles. Turn left onto Centennial Lane. Go 2 miles. School is on the right. Follow blacktop area and pass the portable classrooms behind the school to gather as teams near the small staff parking lot next to the starting line area.