



**Frederick Steeplechasers SPIRES & Carroll Manor
Running Programs' Youth Cross Country Meet, a joint
meet run by both programs**

Sunday, October 28, 2018 (Rain or shine!)

Meet Directors: Coach Trevor James, SPIRES / 240-565-3095 / trevor.james@steeplechasers.org

Coach Cheryl Connors, Carroll Manor, ccicio1@jhmi.edu

Location: Catoctin High School, 14745 Sabillasville Road, Thurmont, MD 21788

Entrance Fee: \$5 per Athlete

Awards: Trophy for First Place each race & gender; Medals for 2nd & 3rd; Ribbons for 4th thru 15th

Schedule: 11:30 a.m. – 12:30 p.m. – Registration Open

12:45 p.m. – Course Walk

Order of Races

6 & Under 1:30 p.m. 1K (0.62 mile)

7 & 8 2K (1.24 mile)

9 & 10 3K (1.86 mile)

11 & 12 3K (1.86 mile)

13 & 14 4K (2.48 mile)

We will combine genders unless numbers are too large. In that case we will start Boys first and Girls 2 minutes after.

Restrooms will be available.

Limited Concessions will be for sale / T-shirt vendor will be on-site

Course maps will be available at registration.

No pacing by parents except for 1K, for kids 6 and under.