



## Youth Development Cross Country Meet

Sunday, October 7 2018  
West Des Moines, Iowa



**LOCATION:** Valley Southwoods Freshman High School, 625 S. 35th Street,  
West Des Moines, Iowa

**COURSE:** Moderately hilly & open course. Start & finish along east entrance driveway

**ENTRY FEE:** Pre-Registration \$6 (instructions below)

**Pre-registration Deadline:** Saturday, October 6 11:00 am

On Site \$10, must be done between 12:30 and 1:45 @ Registration Table

**(USATF membership NOT required to participate)**

**PAYMENT:** Payment made on site day of meet

**TIMING:** Chip Timing by Brett Carney

**RACE TIME:** The 2K race will begin promptly at 2:00 PM, followed by the 3K race and the 4K race.

**All 2K participants will run at the same time.**

**All 3K participants will run at the same time.**

**All 4K participants will run at the same time.**

**Results will be sorted by age group and gender following the race.**

**AWARDS:** Individual medals for 1-5 places in each age division.

**AGE RULES:** Age determined as of December 31, 2018. Proof of age may be required.

<u>AGE DIVISIONS</u>	<u>BIRTH YEAR</u>	<u>DISTANCE</u>
8 & UNDER GIRLS/BOYS	2010 and after	2000 METERS
9-10 GIRLS/BOYS	2008 & 2009	3000 METERS
11-12 GIRLS/BOYS	2006 & 2007	3000 METERS
13-14 GIRLS/BOYS	2004 & 2005	4000 METERS

**CLUB ENTRIES:** Clubs should send a spreadsheet of their entries to Brett Carney. ([BrettCarney10@gmail.com](mailto:BrettCarney10@gmail.com)). Info to include: Athletes First Name, Last Name, Gender, and DOB. **(Pay at meet)**

**INDIVIDUAL ENTRIES:** Individual should send a entries to Jim Walczyk ([jim.walczyk@gmail.com](mailto:jim.walczyk@gmail.com)). Info to include: Athletes First Name, Last Name, Gender, and DOB. **(Pay at meet)**

**Any questions should be addressed to :**

**MEET DIRECTOR:** Jim Walczyk, (515) 771-4246 / [jim.walczyk@gmail.com](mailto:jim.walczyk@gmail.com)