



# 2011 RAIN CITY STAMPEDE CROSS COUNTRY MEET

Sponsored by RAIN CITY FLYERS and SEATTLE PARKS and RECREATION  
Sanctioned by USA TRACK & FIELD

WHEN: Saturday, October 29, 2011

WHERE: Lower Woodland Park, Seattle, off North 50<sup>th</sup>, east of Aurora Avenue and Zoo.  
From I-5 take 50<sup>th</sup> west to Woodland Park.

COURSE: Hilly with grass, dirt and gravel running surfaces and short pavement crossings. Race distances are approximate.

QUESTIONS: Jim Neff 206-523-4233 or jneff48@aol.com

REGISTRATION: \$7 entry fee per participant.

9:30 Registration begins at Picnic Shelter #3. Continues through day.

10:30 Course walk through, all ages/courses.

AWARDS: Individual: Awards for 1<sup>st</sup> through 8<sup>th</sup>, all races. Participant ribbons available.  
Team: Awards for members of 1<sup>st</sup> through 3<sup>rd</sup> place teams in all races. Minimum 3 team members to score, maximum 8. Displacement scoring.

HALLOWEEN COSTUME AWARDS: Special awards for best Halloween costumes suitable for running. No masks or clothing that impair running. Judging immediately before start of course walk through.

RESULTS: Meet results will be posted at [www.raincityflyers.com](http://www.raincityflyers.com)

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ GIRL/BOY

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

PHONE \_\_\_\_\_ TEAM \_\_\_\_\_

Please check your race division below. YOUR AGE GROUP IS YOUR AGE AS OF 12/31/11, NOT YOUR DAY OF RACE AGE. You may only compete in your own age group. You may only enter one race.

\_\_\_\_\_ 11:00 6 and under G/B (700 meters)

\_\_\_\_\_ 11:10 Subbantam (7/8) G/B (2000)

\_\_\_\_\_ 11:30 Bantam (9/10) Girls (3000)

\_\_\_\_\_ 12:00 Bantam (9/10) Boys (3000)

\_\_\_\_\_ 12:30 Midget (11/12) Girls (3000)

\_\_\_\_\_ 1:00 Midget (11/12) Boys (3000)

\_\_\_\_\_ 1:30 Youth (13/14) Girls (4000)

\_\_\_\_\_ 2:00 Youth (13/14) Boys (4000)

\_\_\_\_\_ 2:30 15-18 and Open (4000)

PLEASE READ AND SIGN: I release RAIN CITY FLYERS, their club members, officers and representatives, any sponsor, the CITY of SEATTLE and USA TRACK & FIELD from any claim for injuries or damages that may occur as a result of participation in this event. I attest that the participant is in proper physical condition to compete in the event and am aware of the risks of cross country competition.

\_\_\_\_\_  
Participant (Parent or Legal Guardian if under age 18)