



# 2009 RAIN CITY STAMPEDE

## *Cross Country Meet*

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

**WHEN:** Saturday, October 31, 2009

**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:** \$6 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 impairs running. Judging at 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 12/31/09, NOT YOUR DAY OF RACE AGE. You may only compete in your own age group, except anyone age 10 or younger (as of 12/31/09) may compete as a Bantam. You may only enter one race.

\_\_\_\_ 11:00 6 and under (700 meters)  
\_\_\_\_ 11:10 8 and under (2000 meters)  
\_\_\_\_ 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)