

# 2013 RAIN CITY STAMPEDE CROSS COUNTRY MEET

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

WHEN: Saturday, October 26, 2013

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.

CONCESSION STAND: Food and beverages available during meet.

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 12/31/13, NOT YOUR DAY OF RACE AGE. You may only compete in your own age group, except 6 and under may compete in the 7-8 race. You may only enter one race

_____ 11:00 6 and under G/B (700 meters)	_____ 1:00 11-12 Boys (3000)
_____ 11:10 7-8 G/B (2000)	_____ 1:30 13-14 Girls (4000)
_____ 11:30 9-10 Girls (3000)	_____ 2:00 13-14 Boys (4000)
_____ 12:00 9-10 Boys (3000)	_____ 2:30 15-18 and Open (4000)
_____ 12:30 11-12 Girls (3000)	

PLEASE READ AND SIGN: I release RAIN CITY FLYERS, its 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)