



COYOTES CROSS COUNTRY YOUTH INVITATIONAL

SUNDAY OCTOBER 22ND, 2023

**ROCKY HILL MIDDLE SCHOOL
22401 BRICK HAVEN WAY
CLARKSBURG, MD 20871**

\$6 or \$10 PER ATHLETE

REGISTRATION OPTIONS

1. \$6 / Pre-register through your coach by Thursday, 10/19 at 11:59pm. Pre-registered athletes may bypass the registration/check-in table. Coaches, pre-register your team through athletic.net. Coaches who pre-register their athletes are expected to check-in on behalf of and pay for all their pre-registered athletes. Cash, or a single check on behalf of the club please – no cards or payment apps. Checks should be made-out to Clarksburg Sports Association. Thanks!
2. \$10 / Register on race day from 12:00 - 12:30pm. Cash only please.

SCHEDULE

*** Age as of December 31, 2023 (not age on race day). Aside from the 1k, race start times are approximate. The meet will run on a rolling schedule – meaning as soon as a previous race is mostly finished, we'll get the next race started. Please arrive early. To ease crowding in the 3K races, we'll likely start the girls first, and the boys just 30 seconds later. Except in the 6 & under race, parents, coaches, or others cannot run with or next to athletes. We expect to have a rabbit in the 1K and 2K races. ***

12:00 - 12:30pm Race Day Registration

12:00 - 12:50pm Check-In for Coaches with Pre-Registered Athletes

12:15 - Guided Course Walks

1:00pm - 1k - Girls and Boys - 6 & under

1:15pm - 2k - Girls and Boys - 7 & 8

1:40pm - 3k - Girls and Boys - 9 & 10

2:15pm - 3k - Girls and Boys - 11 & 12

2:50pm - 4k - Girls and Boys - 13 & 14

2:50pm - 4k - Girls and Boys - 15 to 18

COURSES

All the courses start and finish in the same place. For the 1k, run the 500 meter loop twice. For the 3k, run the 1k followed by the 2k. For the 4k, run the 2k twice. For the best view, once you pull-up a course, change the view from map to satellite.

[COYOTES XC 500M Loop](https://www.mapmyrun.com/routes/view/4932142216)

<https://www.mapmyrun.com/routes/view/4932142216>

[COYOTES XC 2K Course](https://www.mapmyrun.com/routes/view/4762006675)

<https://www.mapmyrun.com/routes/view/4762006675>

OTHER

Medals to top 3 and ribbons to 4 through 15 for each gender in each race. Awarded in the finishing chute. For high schoolers (ages 15-18) in the 4K race, only medals to the top 3.

Results available real-time on the active platform, and online at athletic.net.

This is a rain or shine event. If there is thunder/lightning, we will wait until it passes.

Overflow parking available next door at Clarksburg High School.

Questions? Contact David Sadd at david_sadd@yahoo.com or (240) 353-9165.