



# Freedom Flyers Youth Cross Country Meet

Sunday, October 8, 2023

**LOCATION:** Krimgold Park, 535 Woodbine Road, Woodbine, MD 21784

**MEET DIRECTOR:** Erin Lavelle ([Erin.Lavelle@FreedomFlyers.club](mailto:Erin.Lavelle@FreedomFlyers.club))

**ELIGIBILITY:** Youth races are open to athletes aged 6 to 18 years old (by the end of 2023). The 5k is open to all athletes aged 15 (by the end of 2023) and over. Unattached athletes are welcome.

**AGE GROUPS:** Athlete age is determined by the age they will be on December 31, 2022. Awards will be given in the age groups listed below.

- 6 and under (Born 2017 and later) – 1 km
- 7 to 8 year-old (Born 2015 and 2016) – 2km
- 9 to 10 year-old (Born 2013 and 2014) – 3 km
- 11 to 12 year-old (Born 2011 and 2012) – 3 km
- 13 to 14 year-old (Born 2009 and 2010) – 4 km
- High School – 15 to 18 year-old (Born 2008 and earlier, must be in high school) – 5 km
- Open/**Coaches Race** (Over 18 and no longer in High School) – 5 km

**MEET REGISTRATION:** Meet cost is \$10 per athlete and registration must be done on Athletic.net by Thursday, October 5<sup>th</sup>, 2023 at 11:59 pm. **THERE WILL BE NO SAME DAY REGISTRATION.**

**PACKET PICKUP:** Packets can be picked up from the Bullseye Running timing table at the finish line.

**AWARDS:** Awards will be given to the top 20 athletes in each age/gender division. They will be available for pickup from the awards table near the finish line once the race has been marked official. **NO AWARDS WILL BE MAILED AFTER THE EVENT.**

Individual Awards –

- Aged 6 to 14 – Top 3 will receive medals and ribbons for 4<sup>th</sup> through 20<sup>th</sup> place
- High School – Top 3 will receive medals and ribbons for 4<sup>th</sup> through 10<sup>th</sup> place.
- Open/Coaches – Top 3 will receive medals for each gender.

Team Awards – Top 3 teams for each age/gender (age 7/8 to 13/14) will receive ribbons for the top 5 finishers. Team ribbons will be available for pickup at the awards table but the entire team's awards must be picked up at the same time.

**TEAM SCORING:** In an effort to include more teams, scoring will be for the top 3 runners on a team in each age/gender with 2 displacers. Awards will be given to the top 5 runners on the placing teams. Only one team per age/gender will be scored and there is no need to declare a team during registration.

**SPECTATORS: NO PARENTS OR ATHLETES ARE ALLOWED TO PACE ATHLETES AGED 7 AND ABOVE.**

**PARK INFORMATION:** Tents are allowed anywhere in the park, but please be respectful of the other events occurring at the park and setup a respectful distance away from them.

Park bathrooms (no sinks or running water) and PORT-O-POTTIES are available but will be limited. Please be mindful of this prior to arriving.

**PARKING WILL BE VERY LIMITED!** PLAN TO ATTEND YOUR ATHLETE'S RACE AND LEAVE PROMPTLY AFTERWARD. There will be other events occurring at the park during the meet that will use the parking as well. Attempts will be made to secure additional parking in the area, so please look for signs for XC parking.

**RESULTS:** Live results will be posted at [Bullseye.tf](http://Bullseye.tf). Any discrepancies or problems with results should immediately be brought to the attention of the timing company, Bullseye Running.

**COURSES:** Course maps are located at [tinyurl.com/e5yy2j8m](http://tinyurl.com/e5yy2j8m) (courses will be updated no later than Thursday, October 5<sup>th</sup>). There are no formal course walks, but athletes and coaches are welcome to come early to do a self-guided walk. Courses will be open at 9:00 am on Sunday morning. Flags and paint color for each course will match the color displayed on the map.

White – 1 km  
Red – 2 km  
Yellow – 3 km  
Pink – 4 km  
Blue – 5 km

**MEET SCHEDULE:** NO RACE WILL START BEFORE THE PUBLISHED TIME! If the meet is running late, the next race will start immediately after the previous race finishes. \*\*If necessary for safety reasons, the 4k may be broken into two races, boys first followed by girls.\*\*

6 & Under	1 km	Boys/Girls	12:00 pm
7/8	2 km	Boys/Girls	12:30 pm
9/10	3 km	Boys Girls	1:00 pm 1:30 pm
11/12	3 km	Boys Girls	2:00 pm 2:30 pm
13/14	4 km	Boys/Girls	3:00 pm**
HS/Open/Coaches	5 km	Men/Women	3:30 pm

