



# 2019 RAIN CITY STAMPEDE CROSS COUNTRY MEET



Sponsored by **RAIN CITY FLYERS** and Sanctioned by **USA TRACK & FIELD**

**WHEN:** Saturday, October 26, 2019  
**WHERE:** Lower Woodland Park, Seattle, off North 50<sup>th</sup>, east of Aurora Avenue and Zoo.  
From I-5 take North 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](mailto:jneff48@aol.com)

**REGISTRATION:** \$8 entry fee per participant.  
9:30a.m. Registration begins at Picnic Shelter #3. Continues through day.  
10:00a.m. 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.  
Displacement scoring. Higher placing #3 runner breaks ties.

**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. **AGE GROUP IS YOUR AGE AS OF 12/31/19, 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.

- |                                          |                                               |
|------------------------------------------|-----------------------------------------------|
| _____ 10:45 6 and under G/B (700 meters) | _____ 12:30 11-12 Girls (3000)                |
| _____ 11:00 7-8 Girls (2000)             | _____ 1:00 11-12 Boys (3000)                  |
| _____ 11:15 7-8 Boys (2000)              | _____ 1:30 13-14 Girls and 15-18 Girls (4000) |
| _____ 11:30 9-10 Girls (3000)            | _____ 2:00 13-14 Boys and 15-18 Boys (4000)   |
| _____ 12:00 9-10 Boys (3000)             | _____ 2:30 Open (3000)                        |

**PLEASE READ AND SIGN:** I release RAIN CITY FLYERS, its club members, officers and representatives, any sponsor, the CITY of SEATTLE and SEATTLE PARKS & RECREATION, their employees and agents, 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)