



2023 RAIN CITY STAMPEDE

CROSS COUNTRY MEET

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

WHEN: Saturday, October 28, 2023

WHERE: Lower Woodland Park, Seattle, off North 50th, east of Aurora Avenue and Zoo.
From I-5 take North 50th west to Woodland Park. Parking in large gravel lot off North 50th.

COURSE: Hilly with grass, dirt and gravel running surfaces and short pavement crossings. Race distances are approximate.

REGISTRATION and PAYMENT: Online at athletic.net \$10 entry fee per participant No refunds.

Registration deadline: October 26, 2023 11:59pm No day of race registration

<https://www.athletic.net/CrossCountry/meet/229219/register>

AWARDS: Individual: Awards for 1st through 8th place finish, all races. Team: Awards for members of 1st through 3rd place teams in all races. Minimum 3 team members to score. Higher placing #3 runner breaks ties. 8 ribbon maximum per team per race.

RESULTS: Meet results will be posted at www.athletic.net and www.raincityflyers.org

CONCESSION STAND: Food and beverages available during meet.

QUESTIONS: Sarah Campbell 206-306-1914 or sarah@raincityflyers.org

Meet Schedule

YOUR AGE GROUP IS YOUR AGE AS OF 12/31/23, 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. The Open race is for runners of any age or gender not registered for an age group race.

Course walk through, all ages/courses at 10:00 a.m.

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