



2021 RAIN CITY STAMPEDE CROSS COUNTRY MEET



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

- WHEN:** Saturday, October 30, 2021
- WHERE:** Magnuson Park, Seattle, near Swim Beach, use NE 65th St entrance off Sandpoint Way N
- COURSE:** Grass, dirt and gravel running surfaces with some pavement. Race distances are approximate.
- COVID-19 Protocol** For the safety of everyone, particularly athletes too young to be vaccinated, **all spectators, coaches and participants should wear masks.** (Not required for athletes when warming up, hydrating, racing or cooling down.)
- QUESTIONS:** Jim Neff 206-523-4233 or jneff48@aol.com
- REGISTRATION:** \$10 entry fee per participant. Registration opens at 9:30 a.m. and continues through day.
- VIEW COURSE:** Course walk through at 10:00 a.m., all ages/all courses.
- AWARDS:** Individual: Awards for 1st through 8th, all races.
Team: Awards for members of 1st through 3rd place teams in all races. Minimum 3 team members to score. Displacement scoring. Higher placing #3 runner breaks ties. Maximum 12 ribbons per team.
- CONCESSION STAND:** Food and beverages available during meet.
- RESULTS:** Meet results will be posted at 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 12/31/21, NOT YOUR DAY OF RACE AGE.** You may only compete in your own age group.

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|--------------------------------------|---|
| _____ 11:00 8 and under Girls (2000) | _____ 12:45 11-12 Girls (3000) |
| _____ 11:20 8 and under Boys (2000) | _____ 1:15 11-12 Boys (3000) |
| _____ 11:45 9-10 Girls (3000) | _____ 1:45 13-14 Girls and 15-18 Girls (4000) |
| _____ 12:15 9-10 Boys (3000) | _____ 2:15 13-14 Boys and 15-18 Boys (4000) |

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, including but not limited to Covid-19 exposure.

Participant (Parent or Legal Guardian if under age 18)