



# 2017 RAIN CITY STAMPEDE

## CROSS COUNTRY MEET



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

**WHEN:** Saturday, October 28, 2017

**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

**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.

**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. **YOUR AGE GROUP IS YOUR AGE AS OF 12/31/17, 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.

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|--|---|
| _____ 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 Girls (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)