



2022 RAIN CITY STAMPEDE

CROSS COUNTRY MEET

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

WHEN: Saturday, October 29, 2022

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

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

REGISTRATION and PAYMENT: Online at [athletic.net](https://www.athletic.net) \$10 entry fee per participant

Registration deadline: October 27, 2022 11:59pm No day of race registration

<https://www.athletic.net/CrossCountry/meet/215424/register>

AWARDS: Individual: Awards for 1st through 8th place finish, all races. Participant ribbons available.
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. 10 ribbon maximum per team per race.

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

CONCESSION STAND: Food and beverages available during meet.

QUESTIONS: Sarah Campbell 206-306-1914 or sarah@traberandsarah.com

Meet Schedule

YOUR AGE GROUP IS YOUR AGE AS OF 12/31/22, 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)
11:30	9-10 Girls	(3000 meters)	2:00	13-14 Boys	(4000 meters)
12:00	9-10 Boys	(3000 meters)	2:30	Open	(3000 meters)