



**Landsharks All-Comers Meet**  
**Junior Olympic XC Race for 14 & Under**  
**Sunday, October 23<sup>rd</sup> 2:00pm**  
Monument Valley Park  
205 W Fontanero St, Colorado Springs, CO 80907  
(Fontanero and Culebra)



Age	Division	Distance	Time
8 & Under (2008+)	Girls & Boys	2km (1.24 miles)	2:00pm
9 & 10 (2006-2007)	Girls & Boys	3km (1.86 miles)	2:20pm
11 & 12 (2004-2005)	Girls & Boys	3km (1.86 miles)	2:40pm
13 & 14 (2002-2003)	Girls & Boys	4km (2.48 miles)	3:00pm

**ELIGIBILITY REQUIREMENTS:**

**Individuals:** All athletes ages 7-14. Athletes race the age they are as of December 31<sup>st</sup>, 2016.

**Teams:** All athletes representing a club must be affiliated with that club by the close of registration on Friday, October 21<sup>st</sup>. To enter a team, a club must complete the team entry/declaration at check-in with only runners who register with a team.

**TEAM SCORING:** 7 athletes on the team entry/declaration form may be declared as scoring athletes. The top 5 finishers among the declared runners will score.

**EVENT RESULTS:** Results will be posted at <http://colorado.usatf.org/Youth/Youth-Upcoming-Events.aspx>

**Awards:** Top 5 finishers (M/F) will receive award ribbons.

**ENTRY FEES & DEADLINES:**

Online Registration must be completed by Friday, October 21, 2016 at 12 noon.

No mail-in entries accepted! (Race day entries accepted as a last resort and on an individual basis)

**Please register at:** <http://landsharkrunclub.com/registration>.

**Individual Entries:** \$12.00 per athlete

**Team Entries:** Must be declared at check-in.

**Directions to North Monument Valley Park:**

From I-25, Take the Uintah (Exit#143) and at end of exit ramp, turn east.

Turnleft at Cascade Ave.

Turn left at Fontanero St

Turn left at Culebra place

Staging area is the large grassy area south of the restroom and ball field.

\*Course is mostly grass and dirt with some minor hills.

**Contact:** Melanie Brim (719)201-6150 or email at [irunicoach@gmail.com](mailto:irunicoach@gmail.com).

Karen Kantor (719)623-5314 or email at [karen@landsharkrunclub.com](mailto:karen@landsharkrunclub.com)



The Landsharks Running Club is excited to host our 4th Annual Statewide Celebration Cross Country Meet at Bear Creek Park on Sunday, October 11th. All runners in 2nd through 6th graders who have run the 1.5 Mile Race during one of our XC Series Race Nights in under 14:00 has qualified to enter the meet. The registration fee is \$7 and all proceeds will go to our Financial Assistance Fund. Please register online on our website by 12noon on Friday, October 9th. Awards will be given to 1st thru 5th place for each grade and gender.

**Schedule** (All Times are approximations)

- 2:00pm Runner Check-In
- 2:30pm Girl's 1.5 Mile Run
- 3:00pm Boy's 1.5 Mile Run
- 3:45pm Awards