



Valley Youth Running Club
Youth Development Cross Country Meet



General Information

Date: Sunday, October 8, 2023

Location: Valley Southwoods Freshman High School, 625 S 35th street, West Des Moines, IA

Course: moderately hilly & Open course. Start of the course along east entrance of driveway

Registration: \$8 per athlete pre-registration and \$15 the day of the event.

Spectator Fee: none

Timing: Bib chip timing by Brett Carney

Registration Link: <https://www.athletic.net/CrossCountry/meet/232656/register>

Pre-Race Registration Deadline: Saturday Oct 7th 11:00 a.m.

Awards will follow each race

Awards: Individual medals for 1-3 places in each age division, Ribbons 4th-8th

Age Rules: Age determination as of December 31st, 2023.

Events

1:00 pm 8U Girls and Boys 2K

1:30 pm 9-10 Girls and boys 3K

2:10 pm 11-12 girls and boys 3K

2:30 pm 13-14 girls and boys 3K

Age groups

2015 or later (8-U)

2013-2014 (9-10)

2011-2012 (11-12)

2009-2010 (13-14)

Any question should be directed to meet director:

Chris Owen: valleyyouthrunning@gmail.com 515-681-3917