

SOLAR POWERED

Cross Country Club

Youth Cross Country Invitational: *Join us for a unique cross country race experience. This race is held at the historic Rockford Fossil & Prairie Park Preserve providing for a memorable race experience. The trail will primarily consist of a prairie reserve and wetland terrain. Stop by early or stay afterwards to explore the park and see what piece of history you may uncover!*

Date: Sunday, October 15th, 2023

Location: Rockford Fossil & Prairie Park Preserve
1227 215th Street, Rockford, IA 50468

Entry Fee: \$5 per runner – Pay at the meet.

Registration Deadline: **Saturday, October 14th by noon**

USATF Membership **not** required – may run as an individual, unattached runner or with a team.

Registration Link: <https://www.athletic.net/CrossCountry/meet/230057/register>

Check-in: Open at 11:00 am

Race Time: 1:00 p.m. (rolling schedule)

Age	Race Distance*
8&U	2K (1.24 Miles)
9-10	3K (1.86 Miles)
11-12, 13-14	3K (1.86 Miles)

** Race distance may not be **exact** as the hilly route adds some variability.*

Age Rules: Age determined as of December 31, 2023.

Awards: Trophies for 1st place, medals for places 2-6 in each age division and gender. Awards will be given following completion of each race.

Timing: Manual Timing

Meet Director: Jessi Mahnesmith-Rippentrop, jlmahnesmith@icloud.com, 641-220-1363

