

**2013 Belvidere Tornados Invitational
Cross Country Meet
Saturday, October, 5th
Belvidere Park, Belvidere, Illinois**

Sanctioned by: USA Track and Field
Sponsors: Belvidere Tornados Cross Country Team and Belvidere Park District
Time: Youth races begin at 9:45 a.m. Course walk 9:15 a.m. Open/Masters race will start at 8:30 a.m.
Contact: Rick Menge 815-985-8208 or rmenge@acument.com

EVENTS

Age Divisions	Birth Year	Distance	Time
Open/Masters	1998 and older	3000 Meters	8:30 a.m.
Pee Wee Girls	2005 & After	1500 Meters	9:45 a.m.
Pee Wee Boys	2005 & After	1500 Meters	10:00 a.m.
Bantam Girls	2003 & 2004	3000 Meters	10:25 a.m.
Bantam Boys	2003 & 2004	3000 Meters	10:50 a.m.
Midget Girls	2001 & 2002	3000 Meters	11:15 p.m.
Midget Boys	2001 & 2002	3000 Meters	11:40 p.m.
Youth Girls	1999 & 2000	4000 Meters	12:05 p.m.
Youth Boys	1999 & 2000	4000 Meters	12:30 p.m.

Times are approximate. Races will be run as quickly as possible. Arrive early. Youth races may be run together depending on number of entries.

AWARDS

Individuals – 1st – 5th Trophies. 6th – 15th Medals. Participation Ribbons to all runners. Teams- 1st and 2nd and 3rd **Overall team** Trophies. Open/Masters–Trophies to top male and female.

COURSE - Grass, mostly flat. Some blacktop. Spikes ¼ inch – 5/8 inch.

FACILITIES - Restrooms, no dressing facilities. Concessions

ENTRY FEE: \$6.00/per runner

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Name _____ Birth Date ____/____/____

Age Division _____ Sex: M or F

Address _____ City _____

State _____ Zip Code _____ Team _____

I hereby release the members of the Belvidere Tornados Cross Country Team , the City of Belvidere, and the Belvidere Park District, of any and all liabilities in the case of loss, damage, or injury received in connection with the Belvidere Tornados Invitational Cross Country Meet held at the Belvidere Park, Belvidere, Illinois on October 5th , 2013.

Signature of Participant _____ Date _____

Signature of Parent/ Guardian _____ Date _____