

**2014 Belvidere Tornados Invitational
Cross Country Meet
Saturday, October, 4th
Belvidere Park, Belvidere, Illinois**

Sponsors: Belvidere Tornados Cross Country Team and Belvidere Park District
Time: Youth races begin at 10 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	15 years and older	3000 Meters	8:30 a.m.
Primary Girls	2006 - 2008	2000 Meters	10:00 a.m.
Primary Boys	2006 - 2008	2000 Meters	10:20 a.m.
Bantam Girls	2004 - 2005	3000 Meters	10:40 a.m.
Bantam Boys	2004 - 2005	3000 Meters	11:05 a.m.
Midget Girls	2002 - 2003	3000 Meters	11:30 a.m.
Midget Boys	2002 - 2003	3000 Meters	11:55 a.m.
Youth Girls	2000 - 2001	4000 Meters	12:20 p.m.
Youth Boys	2000 - 2001	4000 Meters	12:45 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 – 10th Trophies. 11th – 20th Medals. Participation Ribbons to all other runners. Teams- 1st and 2nd and 3rd **Overall team** Trophies. Open/Masters–Trophies to top male and female.

COURSE - Grass, mostly flat. Some blacktop crossing. 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 4th , 2014.

Signature of Participant _____ Date _____

Signature of Parent/ Guardian _____ Date _____