

2019 Belvidere Tornados Invitational

Cross Country Meet

Saturday, October, 5th

Belvidere Park, Belvidere, Illinois

Sponsors: Belvidere Tornados Cross Country Team

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	2011 - 2013	2000 Meters	10:00 a.m.
Primary Boys	2011 – 2013	2000 Meters	10:20 a.m.
Bantam Girls	2009 - 2010	3000 Meters	10:40 a.m.
Bantam Boys	2009 - 2010	3000 Meters	11:05 a.m.
Midget Girls	2007 - 2008	3000 Meters	11:30 a.m.
Midget Boys	2007 - 2008	3000 Meters	11:55 a.m.
Youth Girls	2005 - 2006	4000 Meters	12:20 p.m.
Youth Boys	2005 - 2006	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 –Primary/Bantam/Midget 1st thru 30th Medals. Youth, 1st thru 20th Medals. Participation Ribbons to all other runners. 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 **Accelerators**

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, 2019.

Signature of Participant _____ Date _____

Signature of Parent/ Guardian _____ Date _____