



JOHNSTON RUNNING CLUB



Youth Cross Country Meet
Saturday, September 30, 2023

Location: Johnston High School – Dragon's Lair
6500 NW 100th St Johnston 50131

Course: Flat course, a few rolling hills

Entry Fee: \$8 per runner – Payment online required
Registration Deadline Friday, September 29 at 12pm.
Day of meet registration - \$15 – exact amount required.
USATF Membership not required

Registration Link: <https://www.athletic.net/CrossCountry/meet/228738/info>

Check-In: Open at 9:00am

Race Time: 10:00am (rolling schedule)
13-14 – 4000 meters
8 & Under – 2000 meters
9-10 – 3000 meters
11-12 – 3000 meters

****NOTE** the order of races differs from other meets.

Awards: Medals for places 1-6 in each age division and gender. Awards will be given before the start of the next race.

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

AGE DIVISIONS	BIRTH YEAR
8 & UNDER GIRLS/BOYS	2015 AND AFTER
9-10 GIRLS/BOYS	2013-2014
11-12 GIRLS/BOYS	2011-2012
13-14 GIRLS/BOYS	2009-2010

Meet Director: Britta Wey, johnstonrunning@gmail.com, 515-770-2038



www.johnstonrunningclub.com
johnstonrunning@gmail.com