



Grade School Cross Country Club

Join us for a cross country race meet at Birdsall Park in Cedar Falls.

Date: September, 17, 2023

Location: 2601 W 12th St. Cedar Falls, IA 50613

Entry Fee: \$5 per runner – Pay at the meet with cash or check. You can register your athletes on Athletic.net or email LeAnn Romanazzi (leann.cushion@gmail.com)

Registration Deadline: Saturday, September 16th by noon
USATF Membership not required

Time	Age	Race Distance
1:00	7-8	2K
1:30	9-10	3K
2:00	11-12	3K
2:30	13 and Up	3K

Age Rules: Age determined as of December 31, 2021.

Awards: Prizes for 1st place- 3rd place in each age division and gender. Awards will be given following completion of each race.

Meet Director: LeAnn Romanazzi, leann.cushion@gmail.com or Scott Gall, scott@therunnersflat.com