



# JOHNSTON RUNNING CLUB



Youth Cross Country Meet  
Sunday, October 9, 2022

**Location:** Johnston High School – Dragon’s Lair  
6500 NW 100<sup>th</sup> St Johnston 50131

**Course:** Flat course, a few rolling hills

**Entry Fee:** \$5 per runner – Pay at the meet. Exact amount only – cash or check.  
Registration Deadline Saturday, October 8 at 12pm.  
USATF Membership not required

**Registration Link:** <https://www.athletic.net/CrossCountry/meet/214351/register>

**Check-In:** Open at 12:30pm

**Race Time:** 2pm (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, 2022.

AGE DIVISIONS	BIRTH YEAR
8 & UNDER GIRLS/BOYS	2014 AND AFTER
9-10 GIRLS/BOYS	2012-2013
11-12 GIRLS/BOYS	2010-2011
13-14 GIRLS/BOYS	2008-2009

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



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