



## Youth Development Cross Country Meet

Sunday, October 2 2022  
West Des Moines, Iowa



**LOCATION:** Valley Southwoods Freshman High School, 625 S. 35th Street,  
West Des Moines, Iowa

**COURSE:** Moderately hilly & open course. Start & finish along east entrance driveway

**ENTRY FEE:** Pre-Registration \$5 (instructions below)

**Pre-registration Deadline:** Friday, September 30 11:59 pm

Registration: Athletic.net - - [Registration](#)

**(USATF membership NOT required to participate)**

**PAYMENT:** Payment made on site day of meet

**TIMING:** Bib Chip Timing by Brett Carney

### RACE SCHEDULE:

<b>1:00 pm</b>	<b>8U Girls and Boys</b>	<b>2K</b>
<b>1:30 pm</b>	<b>9-10 Girls and Boys</b>	<b>3K</b>
<b>2:10 pm</b>	<b>11-12 Girls and Boys</b>	<b>3K</b>
<b>2:30 pm</b>	<b>13-14 Girls and Boys</b>	<b>4K</b>
	<b>(15-18 will run with 13-14)</b>	

**Awards will follow each individual race.**

**AWARDS:** Individual medals for 1-3 places in each age division, ribbons 4<sup>th</sup> - 8<sup>th</sup>.

**AGE RULES:** Age determined as of December 31, 2021. Proof of age may be required.

<b><u>AGE DIVISIONS</u></b>	<b><u>BIRTH YEAR</u></b>	<b><u>DISTANCE</u></b>
8 & UNDER GIRLS/BOYS	2014 and after	2000 METERS
9-10 GIRLS/BOYS	2012 & 2013	3000 METERS
11-12 GIRLS/BOYS	2010 & 2011	3000 METERS
13-14 GIRLS/BOYS	2008 & 2009	4000 METERS
15-18 GIRLS/BOYS	2004 & 2007	4000 METERS

**Any questions should be addressed to:**

**MEET DIRECTOR:** Jim Walczyk, (515) 771-4246 / [jim.walczyk@gmail.com](mailto:jim.walczyk@gmail.com)