

MEET INFORMATION

When: Sunday, November 7, 2010 @ 10:00 a.m.

(Course Walks- 9:00 a.m. / Coaches Meeting- 9:45 a.m.)
No Time Schedule - race order...girl to boy, young to old)

Where: Killens Pond State Park; Felton, Delaware

Age Grp/Distance: Age as of 12/31/10

****Mighty Mites ...** 5 & U yrs. - 1k or .62 miles
(Born 2005+)

Primary ... 6 to 8 yrs. - 2k or 1.24 miles
(Born 2002-2004)

Bantam ... 9 & 10 yrs. - 3k or 1.86 miles
(Born 2000-2001)

Midget ... 11 & 12 yrs. - 3k or 1.86 miles
(Born 1998-1999)

Youth ... 13 & 14 yrs. - 4k or 2.48 miles
(Born 1996-1997)

15-16 & 17-18 Divisions

Due to the proximity of high school states meets to the CCCNYC, there is no qualifying for teams in the 15-16 and 17-18 age divisions. Any team composed of athletes from the same state who are all in the same age group may enter the meet provided they obtain YES-Athletics team memberships and YES-Athletics individual memberships.

**** This Div. does not qualify for Nationals**

- Meet Director has the right to combine age groups or races based on number of entries.

Awards: will be presented to the top (M/F) team in each of the five(5) divisions as well as trophies & medals to the top 20 finishers in each race.

Meet Director: Tim Bamforth- Seashore Striders

Games Committee: Tim Bamforth, Dan MacElrevey,
Chris Kenton, Mary Ellen Malloy, Dave Ritter

More Info on CCCNYC: Visit www.youthcrosscountry.org

Entry Info: \$10.00 through November 1, 2010
\$12.00 from 11/2 through 9 p.m. on 11/6
*Mail-in registration is recommended by 11/1
NO RACE DAY REGISTRATION

Address your Cashier Check or Money Order to:
"Seashore Striders"

Mail completed entry form by Nov. 1st to:
Seashore Strider XC, P.O. Box 99, Nassau, DE 19969

Overnight/USP/Fed Ex Mail sent to: Seashore Striders/
Tim Bamforth, 9 Gander Lane, Lewes, DE 19958

- All entrants must have a complete entry form.

- TEAMS must fill out a team declaration form due to the scoring tent 30 min. before race. No Exceptions.
Teams- Minimum is 5 and max is 8 runners.

Packet Pick-up: Saturday, Nov. 6th from 6 - 9 pm at the Meet Headquarters: Holiday Inn Express

Lodging Info: (mention "Seashore Striders")
Host - Holiday Inn Express, 17271 S. DuPont Hwy., Harrington, DE - 302-398-8800
rate- \$79/double or king or \$94/suites
(Fitness Center, Compl. Hot Breakfast)
- American Inn, 1259 Corn Crib Rd, Harrington, DE 302-398-3900 (Super Protein Breakfast; pool, fit. ctr)
- KPSP Camping...call the park @ 302-284-3412

Qualification: Starting with Primary- The top (20) finishers by age in each race, who are not members of a qualifying team, qualify for the CCC National Youth Championships. All members of the top (3) teams also qualify. Performances under a time standard also will qualify. Standards listed at www.youthcrosscountry.org
*All teams must be registered with YES Athletics.

Proof of Age & Membership: Participants may be required to show an acceptable proof of age, a birth certificate, drivers license, or another form proof of age. Your YES membership number must be provided on your entry form. Be prepared to show a YES CARD. *No athlete permitted to run without 2010 YES Card.

ENTRY FORM

(Please Print)

Name _____

Address _____

YES # _____ Gender _____

D O B ____/____/____ Phone # _____

E-MAIL _____

Check: PRIM, BAN, MID, YTH, INT, YMW

Check: MALE FEMALE

Club/Team _____

Name of Coach _____

Waiver

I release the Seashore Striders, KPSP, State of DE. From all claims regarding this event and my son/daughter (s) participation.

Parent Signature

Meet Information:

Call the S.S. Office @ 302-644-8952 E-Mail
Tim Bamforth at tim@seashorestrider.com

- Refreshments..., T-Shirts will be on sale
- Restrooms available; no locker rooms or showers
- Delaware State Park Charge will be in effect through November 30, 2010. \$3 in-state & \$6 out of state charge
- Course run on grass, trails, & woods, w/ some hills



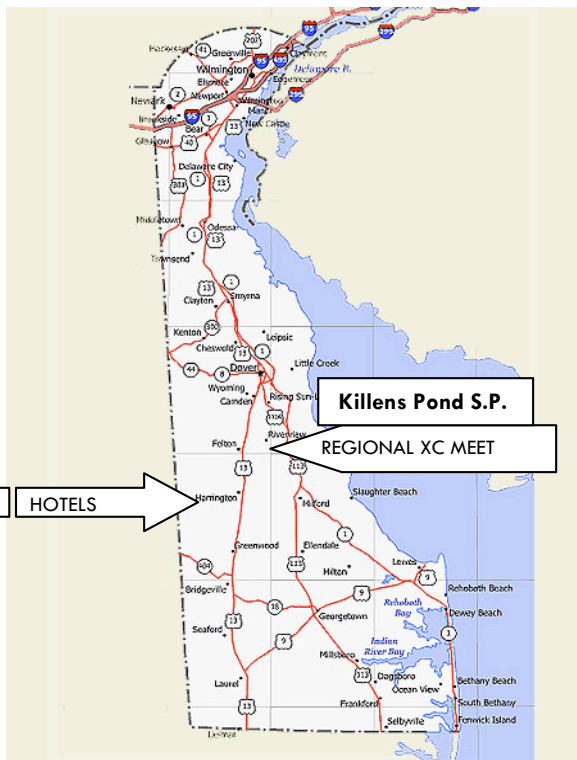
2010 Cross Country Coaches National Youth Championships- Lexington, Kentucky. November 20, 2010

WHERE IS KILLENS POND STATE PARK ??

GPS Address: 5025 Killens Pond Road,
Felton, DE 19943

This is a great website which shows you directions to the park as well as details inside the park.

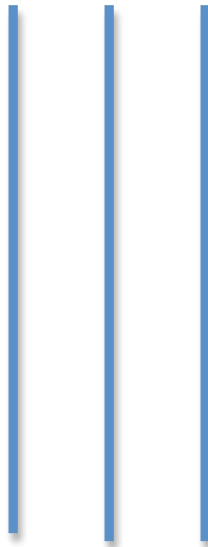
<http://www.destateparks.com/k>



Total Est. Time: 1 hour, 46 minutes (Phil, PA)

Total Est. Distance: 92.21 miles

XC COACHES EASTERN REGIONAL CROSS COUNTRY CHAMPIONSHIPS



2010



EASTERN REGIONAL CROSS COUNTRY CHAMPIONSHIPS

SUNDAY, NOVEMBER 7, 2010

KILLENS POND STATE PARK

FELTON, DELAWARE

A quality end of the season meet for youth ages 14 & U and a chance to race in December at the XC Coaches National Championships in Lexington, Kentucky.

SEASHORE STRIDERS
EVENT PRODUCTION, INC.

