

MEET INFORMATION

When: Sunday, November 6, 2016 @ 10:30 a.m.
(Course Walks- 10:00 a.m. / Coaches Meeting- 11:00 a.m.)
Rolling Time Schedule- race order...girl to boy, young to old)

Where: Killens Pond State Park; Felton, Delaware

Age Grp/Distance: Age as of Dec. 31, 2016

****Mighty Mites ...** 5 & U yrs. - 1k or .62 miles
(Born 2011+)

Primary ... 6 to 8 yrs. - 2k or 1.24 miles
(Born 2008-2010)

Bantam ... 9 & 10 yrs. - 3k or 1.86 miles
(Born 2006-2007)

Midget ... 11 & 12 yrs. - 3k or 1.86 miles
(Born 2004-2005)

Youth ... 13 & 14 yrs. - 4k or 2.48 miles
(Born 2002-2003)

15-16 & 17-18 Divisions... 5k or 3.10 miles we will have one combined am race for all those trying to get in another race before Nationals.

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 3 (M/F) team in each of the five(5) divisions as well as awards to the top 20 finishers in each race.

Meet Director: Tim Bamforth- Seashore Striders

Games Committee: Tim Bamforth, Dan MacElrevey,
Sam Wylie, Mary Ellen Malloy, Chuck Little

More Info on CCCNYC: Visit www.youthcrosscountry.org

Entry Info: \$10.00 through November 3, 2016

*Mail-in registration is recommended by 10/31

ENTRY DEADLINE 11/3/16

NO RACE DAY REGISTRATION

Address your Cashier Check or Money Order to:

"Seashore Striders"

Mail completed entry form by Oct. 31st 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.

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 2016 YES Card.



ENTRY FORM

(Please Print)

Name _____

Address _____

YES # _____ Gender _____

D O B ____/____/____ Phone # _____

E-MAIL _____

Check: M.MIT, PRIM, BAN, MID, YTH

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

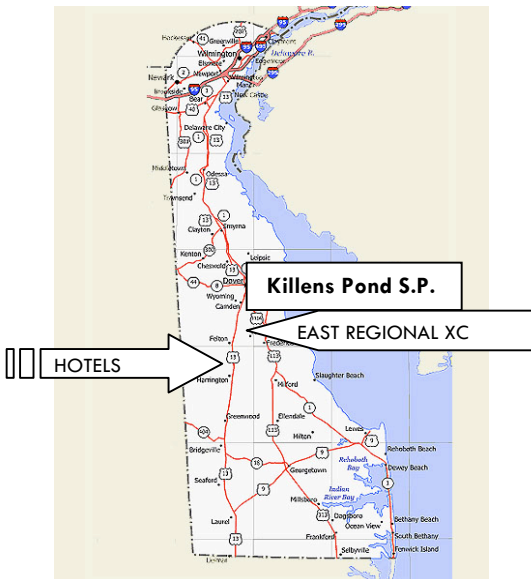
- Refreshments & T-Shirts will be on sale
- Restrooms available; no locker rooms or showers
- Delaware State Park Charge will be in effect through November 30, 2016. \$3 in-state & \$6 out of state charge
- Course run on grass, trails, & woods, w/ some small hills



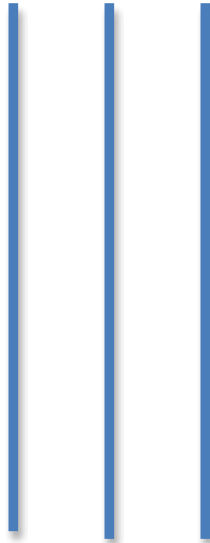
Cross Country Coaches National Youth Championships
Evansville, IN - November 19, 2016

The 10 Annual Cross Country Coaches National Youth Championships at **Angel Mounds CC Course** in Evansville, Indiana. Angel Mounds is the site of the 2014, 2015, and 2016 NCAA Division II Midwest Regionals and will host the 2017 NCAA Division II National Championships.

WHERE IS KILLENS POND STATE PARK ??
GPS Address: 5025 Killens Pond Road,
 Felton, DE 19943
<http://www.destateparks.com/k>



CROSS COUNTRY COACHES EASTERN REGIONAL CHAMPIONSHIPS



SEASHORE STRIDERS
 EVENT PRODUCTION, INC.



2016



C.C.C.N.Y.C. EASTERN REGIONAL CROSS COUNTRY CHAMPIONSHIPS

SUNDAY, NOVEMBER 6, 2016
KILLENS POND STATE PARK
FELTON, DELAWARE

A quality end of the season meet for youth ages 14 & U and a chance to race in November at the XC Coaches National Championships in Evansville, IN "Home of the DII XC National Championships"

