

**2011 Belvidere Tornados Invitational
Cross Country Meet
Saturday, October 1, 2011
Belvidere Park, Belvidere, Illinois**

Sanctioned by: USA Track and Field

Sponsors: Belvidere Tornados Cross Country Team and Belvidere Park District

Time: Open race will start at 9:30 a.m.
Course walk 10:00 a.m.
Youth races begin at 11:00 a.m

EVENTS

Age Divisions Birth Year Distance Time

Open/Masters 1996 and older 3000 Meters 9:30 a.m.
Pee Wee Girls 2003 & After 1500 Meters 11:00 a.m.
Pee Wee Boys 2003 & After 1500 Meters 11:15 a.m.
Bantam Girls 2002 & 2001 3000 Meters 11:40 a.m.
Bantam Boys 2002 & 2001 3000 Meters 12:05 a.m.
Midget Girls 2000 & 1999 3000 Meters 12:30 p.m.
Midget Boys 2000 & 1999 3000 Meters 12:55 p.m.
Youth Girls 1998 & 1997 4000 Meters 1:20 p.m.
Youth Boys 1998 & 1997 4000 Meters 1:45 p.m.

Times are approximate. Races will be run as quickly as possible. Arrive early. Youth races may combine boys and girls depending upon number of participants.

AWARDS

Individuals – 1st– 5th Trophies. 6th– 15th Medals. Participation Ribbons to all runners. Teams- 1st and 2nd and 3rd **overall team** Trophies. Open/Masters–Trophy to top male and female.

COURSE - Grass, mostly flat. Some blacktop. Spikes ¼ inch – 5/8 inch.

FACILITIES - Restrooms, no dressing facilities. Concessions

ENTRY FEE: \$6.00/per runner

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Name _____ Birth Date ____/____/____

Age Division _____ Sex: M or F

Address _____ City _____

State _____ Zip Code _____ Team _____

I hereby release the members of the Belvidere Tornados Cross Country Team , the City of Belvidere, and the Belvidere Park District, of any and all liabilities in the case of loss, damage, or injury received in connection with the Belvidere Tornados Invitational Cross Country Meet held at the Belvidere Park, Belvidere, Illinois on October 1, 2011.

Signature of Participant _____ Date _____