



George Mason University Cross-Country and McLean Youth Track Club Youth Cross-Country Meet

- When:** Saturday, October 4, 2008
- Where:** Bull Run Special Events Center, Virginia (approximately 20-25 minutes west of the Rt. 495 / Rt. 66 intersection).
- Contact:** Coach Rebecca Hartley – 571-213-5206; mcleanyouthtrack@yahoo.com
- Cost:** **FREE**, but you must register on or before race-day (use above contact information), pick up a race number and sign a liability release. Please come early to cheer on the George Mason University Cross-Country teams, but take care not to cross the course during the college races. The Women run a 6K race at 10AM and the Men run an 8K race at 10:45.
- Eligibility:** In order to ensure compliance with NCAA requirements, this community event is for youth only, not for high school students.
- Events:**
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| Registration | 10:30-11:30 |
| Course Walks | 11:30 |
| 1K (6&U) (born 2002& earlier) | 12:00 |
| 2K sub-bantam (7&8) (born 2000 & earlier) | Follows 1K |
| 3K (9&10) bantam (born 1998/9) | Follows sub-bantam 2K |
| 3K (11&12) midget (born 1996/7) | Follows bantam 3K |
| 4K (13&14) youth (born 1994/1995) | Follows midget 3K or may be combined with 3K. |
- Awards:** Top three in each age/gender group receive medals. All others receive a participation ribbon. Age determined as of 12/31/08, NOT date of meet.
- Times:** **Start times are approximate, and with the exception of the first race, may be moved up or back depending on the number of participants.** If we have a small number of participants, we may run girls and boys in the same race or run different age groups together, although we will score them separately. Runners please report to the start while the previous race is in progress.

No concessions are available at this site. Please bring your own water and food, and deposit trash in appropriate containers. Under the terms of our permit, no alcoholic beverages or grills are permitted. Port-a-pots will be available. **ALL PARTICIPANTS AND CLUBS ARE EXPECTED TO HELP POLICE THE AREA AT THE CONCLUSION OF THE EVENT. WE HAVE A RESPONSIBILITY TO TAKE CARE OF THE PARK.**

Directions to the Bull Run Special Events Center:

Take I-66 west to Exit 52 (Rt. 29) at Centreville, drive two miles south, turn left on Bull Run Post Office Road, bear right onto Bull Run Drive, upon crossing over I-66 take an immediate left and follow road to Special Events Center. The Center is located 2.5 miles from the intersection of Route 29 and Bull Run Post Office Road. Please park off the courses, pitch tents in designated areas only, and be careful crossing the course. NCAA races may be in progress.

Special Events Center Website: <http://www.nvrpa.org/specialeventscenter.html>