

Middletown Knight Striders

Youth Cross Country Meet

Sunday, October 5, 2008

Location: Middletown Park (behind Middletown High School
at the pavilion)

Participation Fee: \$3.00

Awards: All runners will receive an award (top 3 runners
will receive medals)

Registration: 12:00

Course Walk: 12:45

<u>Order of Events:</u>	6 & Under	1K	(1:30)
	7 & 8	2K	(2:00)
	9 & 10	3K	(2:30)
	11 & 12	3K	(3:00)
	13 & 14	4K	(3:30)

Note: Times are approximate. REFRESHMENTS WILL
BE AVAILABLE.

<u>Contacts:</u>	Tim & Susan Noffsinger	301-293-6819
	Pam Keeney	301-293-1006
	Susan's Cell Number	301-573-2898

Directions: 70W to Exit 49 (270 will bring you to 70W
before Exit 49); left at light off of exit (alternate 40); right at
Schoolhouse Drive; continue right past the high school into the
park; pavilion is on the left.