

MEET INFORMATION

When: Sunday, November 3, 2019 @ 9:00 a.m.

(Open Race- 9 am, Course Walks- 10 am, Coaches Meeting- 10:50 am, First Race- 11 am)
No Time Schedule – race order...girl to boy, young to old)

Where: Tyler State Park; Newtown, PA.

(Located 33 miles from Center City Philadelphia)

Age Grp/Distance: Age as of 12/31/19

RACE ORDER...11 races planned

9:00 am 5k Open Race Combined with Intermed & Young M/W..15/16 (2002-2003) & 17/18 (11/18/99 >>)

11:00 am Mighty Mites...6 & U yrs. – 1k or .62 miles
(This Race Does NOT Advance to Nationals)

Primary ... 8 & U yrs. – 2k or 1.24 miles
(Born 2010+)

Bantam ... 9-10 yrs. – 3k or 1.86 miles
(Born 2008-2009)

Midget ... 11-12 yrs. – 3k or 1.86 miles
(Born 2006-2007)

Youth ... 13-14 yrs. – 4k or 2.48 miles
(Born 2004-2005)

- Meet Director has the right to combine age groups or races based on number of entries.
- Intermediate & Young M/W advances to Nationals based on season performances

Awards: will be presented to the top (M/F) team in each of the four(4) divisions as well as medals to the top 20 finishers in each race.

Meet Director: Tim Bamforth- Seashore Strider XC

Games Committee: Tim Bamforth, Dan MacElrevey, Derek Shockro, Mary Ellen Malloy, Michael Gross

More Info on CCCNYC: Visit www.youthcrosscountry.org

Entry Info: \$10.00 through Wed. Oct. 30, 2019
\$15.00 from 11/1 through Race-Day
NO RACE DAY REGISTRATION

Address your Cashier Check or Money Order to:
“Seashore Strider XC”

Mail completed entry form by 10/28 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: Packet Pick-Up will be done at the event from 8-9 a.m. at the Registration Pavillion
...Coaches only Please.

Event Info:

- Refreshments..., Limited T-Shirts will be on sale
- Restrooms/Portables available
- Course run on grass, trails, & woods, w/ some hills

Qualification: Starting with Primary- The top (20) finishers in each race, who are not members of a qualifying team, qualify for the CCC National 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 can run without 2019 YES-Athletics Card.

Lodging: Hampton Inn Newtown (215.860.1700)
Homewood Suites Newtown (215.860.5080)
Holiday Inn Express Philadelphia (215.757.4500)
Sheraton Bucks County Hotel (215.547.4100)

ENTRY FORM

(Please Print)

Name _____

Address _____

City, State Zip _____

YES # _____ AGE _____

D O B ____/____/____ Phone # _____

E-MAIL _____

Check: MM, PRIM, BAN, MID, YTH

Check: MALE FEMALE

Club/Team _____

Name of Coach _____

Waiver

I know that a cross country can be a dangerous activity and I will not enter unless I am properly trained. I waive and release the Seashore Striders, Tyler State Park, PA Department of Conservation and Natural Resources and all sponsors from any claims based on my participation in this event.

Parent Signature

Meet Information: (www.seashorestriders.com)

-Meet Info/Questions...E-Mail Tim Bamforth at

tim@seashorestrider.com



CROSS COUNTRY COACHES EASTERN REGIONAL CROSS COUNTRY CHAMPIONSHIPS

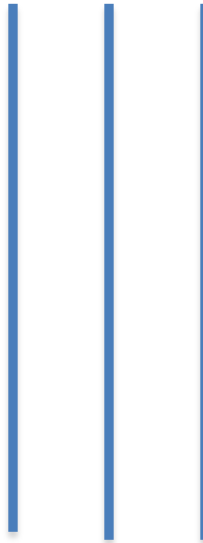


**2019 Cross Country Coaches National Youth
Championships- Hebron, Ohio. November 23, 2019**

WHERE IS TYLER STATE PARK ??
GPS Address: 101 Swamp Road; Newtown, PA 18940

Directions The main entrance to the park is at the intersection of Swamp Road and PA 413 (Newtown Bypass). Take Exit 49, Newtown/Yardley, of I-95 and follow PA 413 North. The park entrance is on the left

Parking We will use 4 parking lots and will fill each lot beginning with the closest to the start/finish area and work back. PLEASE follow the directions of the traffic monitors as you enter the area of Tyler State Park. Thank You in advance.



EASTERN REGIONAL CROSS COUNTRY CHAMPIONSHIPS

SUNDAY, NOVEMBER 3, 2019

TYLER STATE PARK

NEWTOWN, PA

A quality end of the season championship meet for youth ages 18 & U and a chance to race in XC Coaches National Championships in Hebron, Ohio.

