

# YOUTH CROSS COUNTRY SERIES

**HOLMDEL PARK**



**SHORE A.C.**

Sunday, September 21  
Saturday, September 27  
Sunday, October 12  
Sunday, October 19  
Sunday, October 26

**REGISTER  
TODAY!**  
→



Interested in organizing a boys' and girls' cross-country team at your school, club, or organization? This is a perfect opportunity! We welcome you to join us for a 5-week series of cross-country races at the iconic Holmdel Park cross-country course! There are different distances offered to help the children grow as runners and learn each part of the course. Join in for one or all this fall!

## DISTANCES AND GRADES

**400M - PreK & Kindergarten**

**800M - Grades 1 & 2**

**2K - Grades 3 & 4**

**3K - Grades 5 & 6**

**4K - Grades 7 & 8**

These distances are suggestions. Kids can run up or down based on their experience and comfort level. The top 10 boys and girls in each race get place ribbons in weeks 1 to 4. At the Championship Meet, week 5, there are awards, trophies, and medals. Please feel free to visit the website for more information at [www.shoreac.org/youth-xc-series](http://www.shoreac.org/youth-xc-series).

# WEEKLY REGISTRATION

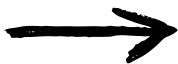
Holmdel Park, 44 Long Street Road

## ***INSTRUCTIONS TO JOIN A TEAM OR REGISTER INDIVIDUALLY***

- Go to [shoreac.org/youth-xc-series](http://shoreac.org/youth-xc-series) or scan the QR code
- Click on register today, then sign up
- Choose package or date/event
- Scroll down after choosing an event and before the waiver, click “Yes” when asked, “Would you like to join or create a XC team?”
- Choose your team from the dropdown box and continue the process. If you don’t see your team name, you can create one. Please confirm with your coach
- All coaches will get a team packet with the racing bibs each week
- If you’d like to register as an individual, choose “No” when asked, “Would you like to join or create a team?”
- Registration process to be completed each week

*All past XC teams are already entered into the system; choose it from the dropdown box.*

**REGISTER  
TODAY!**



**ANSWER AFTER CHOOSING AN EVENT**

Would you like to join  
or create a Cross  
Country Team?

Yes  No

These distances are suggestions. Kids can run up or down based on their experience and comfort level. The top 10 boys and girls in each race receive ribbons in weeks 1 to 4. At the Championship, in week 5, the top 20 boys and girls in each race get a medal, the top 3 boys and girls in each race will get a trophy, and the top team in each event receives a trophy. Athletes must run in the designated division on Championship Day to be eligible for a medal and to obtain a score.

# AWARDS

## *INDIVIDUAL AND TEAM AWARDS*

### **Weeks 1 to 4**

The top 10 boys and girls in each event receive a place ribbon.

Events include: 400M, 800M, 2K, 3K, and 4K.

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### **Week 5**

#### *Championship Day*

The top 20 boys and girls in each event - 400M, 800M, 2K, 3K, and 4K - receive a completion medal at the finish line.

The top three boys and girls in each event –400M, 800M, 2K, 3K, and 4K—receive a trophy at the awards ceremony.

The top boys and girls teams in each event receive a trophy at the awards ceremony.

The top boy and girl in each age group for the series will receive a trophy at the awards ceremony.

All competitors get a completion certificate at the finish line.

All competitors and coaches are welcome to refreshments.