

YOUTH XC SERIES GUIDELINES

- The top 10 boys and girls in each race (800M, 2K, 3K, 4K and 5K) will receive an award.
- The top 3 scorers after 5 weeks (boys and girls) in each age group will get a series award, presented after the Week 6 races.
- Age groups: 7 and under (800), 8-9 (2K), 10-11 (3K), 12-13 (4K), 14+ (5K)
- For the individual awards, total score is based on a point system as follows:

1 st place	=	10 points
2 nd place	=	8 points
3 rd place	=	6 points
4 th place	=	5 points
5 th place	=	4 points
6 th place	=	3 points
7 th place	=	2 points
8 th place	=	1 point
- Team scoring will be added this year. Competition is based on co-ed teams, 5 runners to make a team in each race.
- Coaches' packets will be available for pick up for those who register their entire team the Thursday prior to race day.
- Entry fee prior to and including Thursday is \$10 per person. After Thursday it is \$15.
- Register at shoreac.org