

LAKELAND JUNIOR CROSS COUNTRY LEAGUE

**Runners must supply proof of age by providing a
*BIRTH CERTIFICATE***

This applies to all "Walk-on" Runners.

**This is a ONE-TIME check, if you are in the computer from
2009-2014, this BC check is NOT required.**

2015 Walk-on Schedule

Sep 13	11:30am	Place Ribbons 1-20, Participant Ribbons all Finishers	Entry Fee: \$7.00	Course Walk 10:00am (1700/2000/3000 only)
Sep 20	11:30am	Place Ribbons 1-20, Participant Ribbons all Finishers	Entry Fee \$7.00	
Sep 27	11:30am	Place Ribbons 1-20, Participant Ribbons all Finishers	Entry Fee: \$7.00	
Oct 4	11:30am	Place Ribbons 1-20, Participant Ribbons all Finishers	Entry Fee: \$7.00	
Oct 11	11:30am	Place Ribbons 1-20, Participant Ribbons all Finishers	Entry Fee: \$7.00	Course Walk 10:00am (4000 only)
Oct 18	11:30am	Medals 1-20, Participant Ribbons all Finishers	Entry Fee: \$10.00	
Oct 25	11:30am	Place Ribbons 1-20, Participant Ribbons all Finishers	Entry Fee: \$7.00	

2015 Race Distances

	13-14	11-12	9-10	9-10	7-8
Sep 13	3000m	3000m	2000m		1700m
Sep 20	3000m	3000m	2000m		1700m
Sep 27	3000m	3000m	2000m		1700m
Oct 4	3000m	3000m	2000m		1700m
Oct 11	4000m	3000m	2000m		1700m
Oct 18	4000m	3000m	2000m		1700m
Oct 25	4000m	3000m	2000m	3000m	1700m

2015 Time Schedule (approximate)

13 - 14 Boys & Girls	11:30am
11 - 12 Boys & Girls	11:50am
9 - 10 Boys & Girls	12:10pm
7 - 8 Boys & Girls	12:25pm

Age Groups are determined by Year of Birth

Your Age on December 31, 2015 is your age for the race.

NO HIGH SCHOOL RUNNERS REGARDLESS OF AGE