



FPYC RUNNING

Fairfax Police Youth Club Cross Country Invitationals

Sunday, October 2nd and Sunday, October 16th, 2016

Meets Directors: Geoff & Lynda Hymans
Location: Van Dyck Park
3720 Old Lee Highway
Fairfax, VA 22030

Cost: \$5 per athlete, payable at the registration table on race day. Make checks out to FPYC. Maximum team fee of \$250.

Team Entries: Team rosters must be received by Sept. 25th for the Oct. 2nd meet and by Oct. 9th for the Oct. 16th meet. Please email rosters in an **Excel Spreadsheet** to running@fpycsports.com. On your roster, in different columns, include:

- 1) Last name
- 2) First name
- 3) Gender
- 4) Age (as of December 31, 2016)

We will assign race numbers to the athletes.

Awards: Top three finishers in each USATF age group, male and female, in each race receive medals.
Finishers 4th-10th in each USATF age group, male and female, in each race, receive ribbons.
Awards may not be available for pick-up on race day, but we will get them to team directors.

Schedule: Packet Pick-up begins at 12:00 pm.

Course Walks: 12:30 p.m. Our courses include grass, packed dirt/gravel trails, and some paved trails. Spikes are not suggested due to the sections with pavement. Course maps will be available, courses will be marked, and course marshals will be along the course to assist directing runners.

Races: 1K - 1:30 p.m.
2K - 2:00 p.m.
3K - 2:30 p.m. (Ages 9-10)
3K - 3:00 p.m. (Ages 11-12)
4K & 5K - 3:30 p.m.

Runners are not limited to following USATF age/distance standards – they may choose any race distance they like. We ask only that runners enter races they can complete in the scheduled time frame to keep our meet moving along in a timely manner. For results and awards, runners are only compared to those in the same age group.

Parking: NO PARKING is allowed at St. Leo's Church or at the Sherwood Community Center. Parking is ALLOWED in the Van Dyck Park lot or in the Joseph Willard Health Center Parking lot on the corner of Layton Hall Dr. and Old Lee Highway. Access is off Layton Hall Drive. Daniels Run Elementary School is across street from the park and additional parking is available there. Old Lee Highway can have heavy traffic, so extra care should be taken when crossing.

Bathrooms/Concessions: There are two Port-a-potties available. There are no concessions.