

Questions – Contact – Pat Sheridan – pfsheridan@gmail.com
Greater Lowell Road Runners (GLRR) – www.glrr.net/youth_index.htm



GLRR Youth Programs - www.glrr.net/youth_index.htm

**Join the GLRR Junior Olympic Cross Country team forming now to run
the following races – It better than FREE! – Read On**

NOV 8 AMHERST TRACK CLUB XC FESTIVAL	
Entry Forms: www.amherstrack.org	
9:30 - 11:30 am	XC Racing Clinic
12:00 noon	3k Youth (12 and under)
12:30 pm	4K Youth (13-14)
1:00 pm	5k Youth (15-18)
1:30 pm	5k Open, Masters
NOV 15 USATF-NE JO-XC CHAMPIONSHIPS	
Entry Form: http://www.usatfne.org/cross/applications/09-11-15-ne-jo.pdf	
9:00 a.m.	REGISTRATION BEGINS
10:30 a.m.	3k Bantam Girls
11:00 a.m.	3k Bantam Boys
11:30 a.m.	3k Midget Girls
noon	3k Midget Boys
1:00 p.m.	4k Youth Girls
1:30 p.m.	4k Youth Boys
2:00 p.m.	5k Intermediate Girls/Young Women Combined ages
2:30 p.m.	5k Intermediate Boys/Young Men Combined ages

Age Divisions for Nov 15 Junior Olympic Races

Bantam Boys and Girls born 1999 & later - (10 & under)
Midget Boys and Girls born 1997 & 1998 - (12 & 11)
Youth Boys and Girls born 1995 & 1996 - (14 & 13)
Intermediate Boys & Girls born 1993 & 1994 - (16 & 15)
Young Men & Women born 1991 & 1992 - (18 & 17)

Races will take place at Freestyle Farm, Amherst NH

As a member of the GLRR Junior Olympic Cross Country team you get

- **FREE Membership to GLRR**
- **FREE USATF membership - \$20 value - (required for the Championship)**
- **Entry Fee Paid**
- **Uniform to wear**
- **If you need transportation – GLRR will provide it**

Questions – Contact – Pat Sheridan – pfsheridan@gmail.com
Greater Lowell Road Runners (GLRR) – www.glrr.net/youth_index.htm