



2023 Belvidere Tornados Invitational Cross Country Meet

Sponsored by: The Belvidere Tornados Youth XC Team

Race Location: Belvidere Park (by the Cottonwood Shelter), the entrance to the park is off of Locust Street

Time: Youth races begin at 10AM. Course walk is at 9:15AM. Open/Masters race will start at 8:30AM.

Contact: Rick Menge 815-985-8208

Email: BelvidereTornadosXC@gmail.com

EVENTS

Age Divisions	Birth Year	Distance	Time (Approx)
Open/Masters	15 years and Older	3000 Meters	8:30AM
Primary Girls	2015-2017	2000 Meters	10:00AM
Primary Boys	2015-2017	2000 Meters	10:20AM
Bantam Girls	2014-2013	3000 Meters	10:40AM
Bantam Boys	2014-2013	3000 Meters	11:05AM
Midget Girls	2012-2011	3000 Meters	11:30AM
Midget Boys	2012-2011	3000 Meters	11:55AM
Youth Girls*	2010-2009	4000 Meters	12:20PM
Youth Boys*	2010-2009	4000 Meters	12:45PM

*Youth races may run together depending on number of entries

Times are approximate. Races will be run as quickly as possible. Arrive early.

AWARDS

Individuals – Primary/Bantam/Midget 1st thru 30th Medals. Youth 1st thru 20th Medals.

Participation Ribbons to all other runners.

1st, 2nd and 3rd overall team trophies.

COURSE: Grass, mostly flat, some hills, some blacktop crossing. Spikes 1/4inch – 5/8 inch

FACILITIES: Restrooms, no dressing facilities. Concessions will be open.

ENTRY FEE: FREE for Belvidere Tornados XC Registered Athletes, \$6 for OPEN races and ALL OTHER ATHLETES

ROSTER DUE: Complete Electronic Rosters are due by Friday, September 29th for clubs/teams.

Email COMPLETE rosters back to: BelvidereTornadosXC@gmail.com



DETACH below and return to team with payment



2023 Belvidere Tornados Cross Country Invitational Individual Entry Form

Last Name: _____ First Name: _____ Sex (Circle One): Male or Female

Birthdate: ____ / ____ / ____ Age Division of Race Entered (see above): _____

Club/School Affiliation: _____

Address: _____ City _____ State: _____ Zip: _____

In consideration of acceptance of my entry, I hereby for myself, my heirs, executors, and my administrators waive, release and forever discharge any and all claims for damages or illness which I may have or occurred to me against the Belvidere Tornados and Belvidere Park District, all cooperating agencies, their representatives, agents and or assignees for any and all damages which may be sustained by me in travel to, participation in and returning from the 2023 Belvidere Tornados XC Invitionals Meet.

Signature of Parent/Guardian or Adult Participant

Date