



The 10th annual CCCNYC Meet will be held Saturday, November 19, at Angel Mounds CC Course in Evansville, IN the site of **2014, 2015 and 2016 NCAA D-II Midwest Regional** as well as the **2017 NCAA D-II National CC Championships**.

**REGISTRATION ONLY \$20 PER RUNNER**

plus \$10 YES-Athletics Card

**Plaques to top 25 finishers in each age group and awards to all finishers.**

**NOVEMBER 19, 2016 \* EVANSVILLE, INDIANA \* WWW.YOUTHCROSSCOUNTRY.ORG**

Any youth team is welcome to participate in the Cross Country Coaches National Youth Championship meet if they have finished as one of the top three teams at a CCCNYC sponsored meet. Individuals that finished as one of the top 20 individuals not on a team at a CCCNYC sponsored meet are also eligible to compete. If you are interested in hosting a CCCNYC sponsored meet, please contact the Meet Director Frank Miklavcic at [fmiklavcic@aol.com](mailto:fmiklavcic@aol.com).

Runners may also qualify based on the following time standards for their age group:

Age	Distance	Girls	Boys
6-8	2K	12:00	12:00
9-10	3K	14:00	13:30
11-12	3K	13:30	13:00
13-14	4K	17:30	16:00
13-14	5K	22:10	20:15
15-16	4K	17:30	--
15-16	5K	22:10	17:15
17-18	4K	17:15	--
17-18	5K	21:50	17:00

### Race Equivalency Time Calculator

<http://www.runworks.com/calculator.html>

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### TEAM QUALIFYING

Any individual that finishes as one of the top individuals at their respective middle school state meet is eligible to compete as an individual if they meet the following criteria;

- If your state has one class and the individual finishes in the top 100.
- If your state has two classes and the individual finishes in the top 50.
- If your state has three classes and the individual finishes in the top 30.
- If your state has four classes and the individual finishes in the top 25.
- If your state has five classes and the individual finishes in the top 20.
- If your state has six classes and the individual finishes in the top 15.

### INDIVIDUAL AWARDS

Individual plaques will be awarded to each of the top 25 finishers in each age group and awards to all finishers.

### TEAM AWARDS

Team trophies and medals will be awarded to the top three teams in each race. Teams consist of at least five athletes and no more than eight athletes.

### INDIVIDUAL PARTICIPATION

Any middle school team that finishes as one of the top teams at their respective state meet and has at least five members of that team in the same age group the team is eligible to compete as a club team if they meet the following criteria;

- If your state has one class and the team finishes in the top ten.
- If your state has two classes and the team finishes in the top five.
- If your state has three classes and the team finishes in the top four.
- If your state has four classes and the team finishes in the top three.
- If your state has five classes and the team finishes in the top two.
- If your state has six classes and the team finishes in the top two.

### AGE DIVISIONS

AGE	YEAR OF BIRTH	RACE LENGTH
6-8	Born 2008-10	2k
9-10	Born 2006-07	3k
11-12	Born 2004-05	3k
13-14	Born 2002-03	4k
15-16	Born 2000-01	5k
17-18	Born after 11/19/97	5k

Thank you to our sponsor



Please contact us with any questions or concerns. If you want to be included on an email update as the meet approaches, e-mail [fmiklavcic@aol.com](mailto:fmiklavcic@aol.com)

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Asst. Meet Director: Tim King  
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**[www.youthcrosscountry.org](http://www.youthcrosscountry.org)**