

# 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  
2009-2015, this BC check is NOT required.**

## 2016 Walk-on Schedule

<b>Sep 11</b>	9:00am	Place Ribbons 1-20, Participant Ribbons all Finishers	Entry Fee: \$7.00	<b>Course Walk 7:30am (1700/2000/3000 only)</b>
<b>Sep 18</b>	9:00am	Place Ribbons 1-20, Participant Ribbons all Finishers	Entry Fee \$7.00	
<b>Sep 25</b>	9:00am	Place Ribbons 1-20, Participant Ribbons all Finishers	Entry Fee: \$7.00	
<b>Oct 2</b>	9:00am	Place Ribbons 1-20, Participant Ribbons all Finishers	Entry Fee: \$7.00	
<b>Oct 9</b>	9:00am	Place Ribbons 1-20, Participant Ribbons all Finishers	Entry Fee: \$7.00	<b>Course Walk 7:30am (4000 only)</b>
<b>Oct 16</b>	9:00am	<b>Medals 1-20, Participant Ribbons all Finishers</b>	<b>Entry Fee: \$10.00</b>	
<b>Oct 23</b>	9:00am	Place Ribbons 1-20, Participant Ribbons all Finishers	Entry Fee: \$7.00	

## 2016 Race Distances

	13-14	11-12	9-10	9-10	7-8
<b>Sep 11</b>	3000m	3000m	2000m		1700m
<b>Sep 18</b>	3000m	3000m	2000m		1700m
<b>Sep 25</b>	3000m	3000m	2000m		1700m
<b>Oct 2</b>	3000m	3000m	2000m		1700m
<b>Oct 9</b>	4000m	3000m	2000m		1700m
<b>Oct 16</b>	4000m	3000m	2000m		1700m
<b>Oct 23</b>	4000m	3000m	2000m	3000m	1700m

## 2016 Time Schedule (approximate)

<b>13 - 14 Boys &amp; Girls</b>	<b>9:00am</b>
<b>11 - 12 Boys &amp; Girls</b>	<b>9:20am</b>
<b>9 - 10 Boys &amp; Girls</b>	<b>9:40am</b>
<b>7 - 8 Boys &amp; Girls</b>	<b>10:00am</b>

**Age Groups are determined by Year of Birth**

**Your Age on December 31, 2016 is your age for the race.**

**NO HIGH SCHOOL RUNNERS REGARDLESS OF AGE**