	BME RC Fall Racing Schedule 2016	
Weekend of…	**Event**	**Notes**
9/10/16	**Sun., 9/11/16 - Brunswick Youth XC Meet (ages 5 to 14; birthdate as of 12/31/16)** **Location:** Brunswick High High School, Brunswick, MD **Time**: Registration most likely opens at noon. **Meet Flier:** Forthcoming	—This is a youth XC meet for Green Flash XC runners. —Register on-site (pay and pick-up race tag); event cost is about $5 per youth runner, families pay for their own runners
9/17/16	**TBD Road Race**	—5K Road Race for our age 15 plus XC runners
9/24/16	**Sun., 9/25/16 - Olney CC Youth XC Meet (ages 5 to 14; birthdate as of 12/31/16),** **Location:** Agricultural Center, Derwood, MD **Time**: Registration most likely opens at noon. **Meet Flier:** Forthcoming	—This is a youth XC meet for Green Flash XC runners. —Register on-site (pay and pick-up race tag); event cost is about $5 per youth runner, families pay for their own runners
10/8/16	**Friday, 10/7 - Disney Cross Country Classic XC, ESPN Wide World of Sports Complex, Orlando (our racing events are on Friday, 10/7)**: https://www.espnwwos.com/print/events/cross-country/disney-cross-country-classic/ **2016 Schedule -ALL races, include team competition!!** 1. **Upper Elementary Coed 2K (3rd - 5th grade) on Fri., 10/7, 5:35 PM** 2. **Middle School Girls 3K (5th-8th graders) on Fri., 10/7, 5:55 PM** 3. **Middle School Boys 3K (5th-8th graders) on Fri., 10/7, 6:15 PM** 4. **OPEN 5K (9th graders & older) on Fri., 10/7, 6:40 PM** See the posted flier with more info. on the event.	—This is an out-of-state travel meet for our youth and adult XC runners! —Grade level individual and age-group team competition for 3rd through 8th graders (see categories in prior column) —Open 5K for ninth graders and older —BME RC XC families make their own travel plans. —BME RC will cover the race entry fee for our XC runners and register them! Do not register yourself for the event!! —Sign up here by 9/10/16 if you plan to participate (each runner who will be competing for BME RC/Green Flash XC should be signed up!: https://runsignup.com/Race/MD/Frederick/BMERCFallTravelMeets
	Sun., 10/9/16 - Pikesville Cheetah Youth XC **Meet (ages 5 to 14; birthdate as of 12/31/16)** **Location:** TBD **Time**: Registration most likely opens at noon. **Meet Flier:** Forthcoming ****Coach Darcy, Coach Greg and other BME RC coaches will not be at this meet as they will be at the Disney XC meet.**	—This is a youth XC meet for Green Flash XC runners. —Register on-site (pay and pick-up race tag); event cost is about $5 per youth runner, families pay for their own runners
10/15/16	**Sun., 10/16/16 - Middletown Knight Striders Youth XC Meet (ages 5 to 14; birthdate as of 12/31/16),** **Location:** Middletown Park, Middletown, MD **Time**: Registration most likely opens at noon. **Meet Flier:** Forthcoming	—This is a youth XC meet for Green Flash XC runners. —Register on-site (pay and pick-up race tag); event cost is about $5 per youth runner, families pay for their own runners

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10/29/16	**Sun., 10/30/16 - Green Flash XC HOME Meet (youth races and OPEN xx for ages 15 and older),** **Location:** Kemptown Park, Monrovia, MD **Time**: Registration most likely opens at noon. **Meet Flier:** Forthcoming	**—This is our home XC meet!! The meet includes youth races with age-group individual and team competition as well as an OPEN race (ages 15 plus) with individual and team competition.** —BME RC/Green Flash XC Runners & Family Members MUST Register online here by 10/15/16: **https://runsignup.com/Race/MD/Monrovia/BMERCGreenFlashYouthXCMeet** **BME RC runners should use the coupon code (to be sent via email)for 50% off registration for BME RC families.** —Green Flash XC parents, please sign-up via the online registration site to volunteer at the meet.
11/5/16	**Sun., 11/6/16 - Mountain Express XC Meet (youth races and OPEN 5K for ages 15 and older)** **Location:** Smithsburg HS, Smithsburg, MD **Time**: TBD **Meet Flier:** Forthcoming	**—This is an XC meet for all BME RC XC youth and adult runners as it includes an OPEN 5K race.** —Register on-site (pay and pick-up race tag); event cost is about $5 per youth runner, families pay for their own runners
11/27/16	**Sat., 11/26 Footlocker Northeast XC Regional, Van Cortland Park, NY (Bronx),** **Age-group races include:** 1. **High School Seeded/championship races (Male/Female) - qualifier races for Footlocker National Championship** 2. **High School Class Races (Male/Female - Freshman, Soph, Junior, Senior)** 3. **Age 10 & U 3K (Male/Female) [Team competition]** 4. **Age 11/12 U 3K (Male/Female) [Team competition]** 5. **Age 13/14 5K (Male/Female) [Team competition]** 6. **OPEN 5K (Male/Female) [Team competition]** **SCHEDULE** **8:30 a.m. Packet Pickup** **9:45 a.m. Open Race** **10:10 a.m. Freshman/Sophomore Boys** **10:35 a.m. Freshman/Sophomore Girls** **11:00 a.m. "The Marty Lewis" Championship Boys** **11:30 a.m. Championship Girls** **12:00 p.m. Junior/Senior Boys** **12:25 p.m. Junior/Senior Girl** **12:50 p.m. 13-14 Girls & Boys (5K)** **1:15 p.m. 11-12 Girls & Boys (3K)** **1:40 p.m. 10 & Under Girls & Boys (3K)** **See the posted flier with more info. on the event.**	**—This is an out-of-state travel meet for our youth and adult XC runners!** It is a prestigious, historical cross country meet that serves as the northeast (includes Maryland) qualifier for the Footlocker National Cross Country Championships. —Individual and age-group team competition in a range of age categories (see categories in prior column) —Open 5 K for ages 15 and older —BME RC XC families make their own travel plans. —Registration costs for this meet are TBD! **—Sign up here by 9/10/16 if you plan to participate (each runner who will be competing for BME RC/Green Flash XC should be signed up!: https://runsignup.com/Race/MD/Frederick/BMERCFallTravelMeets**