

NTF INTERSQUAD MEET



SATURDAY - OCTOBER 22, 2016 - 9:00 AM - CIRCLEVILLE PARK

Race, awards, food, raffle, and more! All registered NTF athletes are invited to participate for competition or for fun!

This meet is our traditional milestone in the NTF cross country program. It brings excitement of inter-team competition and serves as a mid-season celebration of our achievements. Families are very welcome to stay cheering, helping, taking pictures!

Location and Course: Circleville Park, 200 Little Lion Dr, State College, PA 16803. Meet at the lower pavilions at the Valley Vista entrance. The courses will include grass, pavement, and trails and follow portions of State College High School XC course.

Awards: NTF Ribbons to all finishers. Prizes to top-3 age-group finishes (boys and girls separate). High-Five Awards will be presented to the finalists of the fall 2016 race series.

Team competition: All attending runners will be divided into 3 even teams, drafted by coaches. The winning team will get an additional prize. The runners will score points for their team by placing in their age group (similar to how any cross country teams score in a meet), except that *every runner* will score (not only top 5)! The coach of the winning team will receive a transferable trophy.

Registration: Please sign up via [Doodle Poll](#) by October 18th (Tuesday night). We absolutely need all runners pre-registered to make team assignments in advance.

Distances and age groups:

Sub-bantam (born 2008 and younger) – 2k;
Bantam (born 2006-2007) – 3k;
Midget (born 2004-2005) – 3k;
Youth (2002-2003) – 4k

**There will be a common start
for all age groups at different
starting points!**

Schedule:

9.00 – Check in
9.15 – Team warmups (jog, stretch, drills)
9.40 – Team meetings and pictures
9.50 – Course instructions
10.00 – Races start (joint start for all groups)
10.25 – Snacks and drinks
10.30 – Brown-bag raffle
10.45 – Awards

Brown-bag raffle: To organize a brown-bag raffle, we ask every runner to bring any item (no more than \$3 value) which can serve as a prize, packed in a brown lunch bag. Staple the top. The bags will be randomly pulled and awarded to all runners by bib numbers. You must bring your bag to participate in the raffle.