

# NTF INTERSQUAD MEET

SUNDAY - OCTOBER 30, 2022 - 2:30 PM - TUDEK 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 end-of-season celebration of our achievements. All NTF Families are invited to come, to cheer, and to take pictures!



*Intersquad Flashback 2021*

**Location and Course:** Tudek Park - Meet at the second pavilion near the basketball court. The course will be repeating 1k loop and will include grass, gravel, and dirt trails and follow portions of our "butterfly garden" training loop. (see map on the last page)

**Awards:** Prizes to top-3 age-group finishers (boys and girls separate). Special prizes to winning team. Season awards. High-5 Awards will be presented to the finalists of the fall 2022 race series.

**Team competition:** All attending runners will be divided into a few even teams, drafted by our main coaches. The teams will race against one another, and the runners on the team with the winning score will get additional small prizes. 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)!

**Registration:** Please sign up via [Google Form](#) by October 25<sup>th</sup> noon (Tuesday). We absolutely need all runners pre-registered to make team assignments in advance.

**Distances and age groups:**

For speed sake, we let everyone run shorter distance for Intersquad meet!

Sub-bantam (born 2014 and younger) – 1k;  
Bantam (born 2012-2013) – 2k;  
Midget (born 2010-2011) – 2k;  
Youth (2009 and older) – 3k

There will be a common start for all age groups at different starting points and one finish line!

**Schedule:**

2.30 – Check in  
2.45 – Team warmups (jog, stretch, drills)  
3.15 – Team meetings and pictures  
3.25 – Call to start  
3.30 – Races start (joint start for all groups)  
3.50 – Snacks and drinks (after finish)  
4.00 – Brown-bag raffle  
4.20 – 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. No need to sign your name. The bags will be randomly pulled and awarded to all runners by bib numbers. You must bring your bag in order to participate in the raffle.

**Post-race refreshments:** We will have a sign-up for potluck table to provide food and drinks to runners.

**Volunteering:** We will need parent volunteers for this event. You can help with check-in, setup/cleanup, directing runners on the course, checking them in at the finish, giving out drinks, and other tasks. Please email Coach Mark if you are available to help.

## Course Map - Tudek 1k loop



Primary group will run 1 loop  
Bantam group will run 2 loops  
Midget group will run 2 loops  
Youth and older group will run 3 loops