**Central Maryland Youth XC Meet Schedule – Season 2020**

**NO RACE DAY REGISTRATION - REGISTER WITH COACH LANG**

NO 1k, 5k for kids in 9th-12th grade, 4k 13-14 yr olds, 3k 11-12 and 9-10 yr olds, 2k 7-8 yr olds

Date, Host Club, Location, Director (meets will have a specific time schedule, review meet flier)

\*\*\*CROWD SIZE CONCERN REQUIRES YOU ARRIVE ONLY 30 MINUTES BEFORE YOUR RACE AND LEAVE WITHIN 30 MINUTES OF COMPLETING YOUR RACE

Sept. 20 (Sun.), Catoctin, Utica District Park, 10200-B Old Frederick Rd  
Frederick, MD 21701, John Steiner & Kimberly Quick

Sept. 27 (Sun), Damascus, Damascus Rec Center, 25520 Oak Dr,

Damascus, MD 20872, Seth Gottesman

Oct 4 (Sun), Bullseye/Howard County, Utica District Park, 10200-B Old Frederick Rd,  
Frederick, MD 21701, Phil Lang

Oct 11 (Sun), Bullseye/Howard County, Utica District Park, 10200-B Old Frederick Rd,  
Frederick, MD 21701, Phil Lang

Oct 18 (Sun), Damascus, Damascus Rec Center, 25520 Oak Dr, Damascus, MD 20872,

Seth Gottesman

Oct 25 (Sun), Lightning Running Club, Old National Pike Park, 12406 Old National Pike,  
Mt. Airy, MD 21771, Bill Gerhold

**Post-Season Meets - AAU Post Season**

Nov 1 (Sun) AAU District Meet Utica Park 9:00 a.m. Phil Lang / John Steiner

Dec 5 (Sat) AAU XC Junior Olympic Nationals Apalachee Regional Park, Tallahassee, FL