

*Meet Director: Mike Stansbury  
Location: Ida Lee Park & Recreation Center  
60 Ida Lee Drive, NW  
Leesburg, Virginia 20176*

*Awards: Trophies to the top team in each category (female and male)  
Medals for top 3 female and male in each category  
Place ribbons for 4-10<sup>th</sup> place female and male in each category*

*Schedule: Packet Pickup  
8:30 to 10:00*

*Course Walks*

*9:00*

*Order of Races:*

*Time Distance Age (as of 12/31/19)*

*9:15ish "Unofficial 2K" 5-8 y/o*

*10:00 3K (Heat 1) 9-10*

*10:25 3K (Heat 2) 11-12*

*10:50 4K 13-14*

*11:20 5K High school (15+)*

*12:30 Awards*

*Awards will be given out as soon after the conclusion of the 5K as possible, and may occur earlier than stated.*

*\*\*Boys and Girls will be combined unless number of runners warrants  
Girls starting 2 minutes after the boy's.*