

USA Track & Field
Iowa Association Open/Masters Cross Country
Championships

Sunday, November 15, 2009

West Des Moines, Iowa

LOCATION: Valley Southwoods Freshman High School, 625 S. 35th Street, West Des Moines, Iowa.

COURSE: Moderately hilly & open course. Start & finish along east entrance driveway

ENTRY FEE: \$15.00 per participant

REGISTRATION: begins at 11:00 a.m. for those **not** pre-registered

GUIDED COURSE WALK-THROUGH: at 12:00p.m.

COMPETITION SCHEDULE:

Open Division (ages 19 to 30 years)

Masters Division (ages 31 and older with 5 year age groups, 31-35, 36-40 and so on)

3:00p.m. combined 5 kilometer race for all competitors

Results will be sorted by age group and gender following the race.

This race will follow the Iowa Association Junior Olympic State Cross Country Championships. The last youth race is scheduled to start at 2:30p.m. **If the number of Open/Masters entrants is low, we will combine the Open/Masters runners with the youth 5 kilometer race at 2:30p.m. Please be on-site early in case this occurs.**

AGE DIVISION RULES: Age determined as of December 31, 2009.

AWARDS: Medals for the top ten individuals in each age/gender division.

MEET DIRECTOR: Craig Calhoun, (515) 276-1948 / ctccpa@aol.com

RETURN ENTRY TO: 7049 Wilshire Blvd, Windsor Heights, Iowa 50324

CHECKS PAYABLE TO: USATF - Iowa



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2009 USATF IOWA OPEN/MASTERS CROSS COUNTRY ENTRY FORM

NAME _____ **BIRTH DATE** _____ **AGE AS OF 12/31/09** _____

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____

PHONE(____) _____ **TEAM NAME** _____ **CIRCLE: M or F**

WAIVER: In consideration of acceptance of this entry, I intend to be legally bound for myself, my heirs, executors, administrators to waive and release any and all rights and claims for damages I may have or that may hereafter occur to me against the USATF-Iowa Association, the City of West Des Moines, Iowa, and the West Des Moines Community School District in connection with the USA Track and Field Cross Country Meet held at Valley Southwoods Freshman High School.

Parent/Guardian Signature _____ Date _____