

USA Track & Field
Youth Cross Country Meet

Sunday, November 1, 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: \$6.00 per runner if received by 10/30, \$8.00 after 10/30
(USATF membership NOT required to participate)

REGISTRATION: 12:30 AM.

RACE TIME: The 3K race will begin promptly at 1:00 PM, followed by the 4K race.

All 3K participants will run at the same time.

All 4K participants will run at the same time.

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

AWARDS: Individual ribbons for 1-6 places in each age division. Team ribbons for 1-6 place teams in each age division.

TEAMS: A team may have 4 to 8 runners in the same age division and gender.
The top 4 runners count in scoring for the team awards.

AGE RULES: Age determined as of December 31, 2009. Proof of age may be required.

<u>AGE DIVISIONS</u>	<u>BIRTH YEAR</u>	<u>DISTANCE</u>
10 & UNDER GIRLS/BOYS	1999 and after	3000 METERS
11-12 GIRLS/BOYS	1997 & 1998	3000 METERS
13-14 GIRLS/BOYS	1995 & 1996	4000 METERS

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

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

CHECKS PAYABLE TO: Westside Track Club



Downloaded at www.FitnessSports.com

2009 USATF YOUTH CROSS COUNTRY MEET 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 Westside Track Club, 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 the Valley Southwoods Freshman High School.

Parent/Guardian Signature _____ Date _____