**LOCATION CHANGE!**

***Team Onalysis***

***Hosts***

***A USATF Sanctioned Cross Country Meet***

***at***

***Crocker Amazon Park in San Francisco***

***October 2, 2011***

Schedule:

8:30 am – 9:00 am Registration

9:00 am Course Walk

10:00 am First Race Starts

Race order:

2k Sub-Bantam

3k Bantam/ Midget

4k Youth

5k Open

Races will be co-ed when possible

Awards to the top 8 finishers in each division.

Entry Fee: $6.00

Contact Info:

Otis Campbell

510-459-1501

[ocampbell@emailaccount.com](mailto:ocampbell@emailaccount.com), lambertn@galileoweb.org

Team Onalysis Cross Country Meet Entry Form

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Team\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Group (circle one)

Sub Bantam Bantam Midget Youth Open

Male \_\_\_ Female \_\_\_

Waiver:

In consideration of acceptance of this entry, I, intending to be legally bound for myself, heirs, executors, administrators, successors and assigns, hereby waive and release from all rights, claims and causes of actions that I may have against the persons, sponsors, and organizations affiliated with this event, including but not limited to: Team Onalysis Track Club and Golden Gate Park. I hereby represent that I am physically fit and have trained sufficiently for this event. I attest that I have full knowledge of the risks involved in a cross country race, that injuries often occur and that I assume all expense in case of an accident, illness or other incapacity. Parent or guardian must sign the waiver for all athletes under 18 years old.

Athlete signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_

**Directions to Crocker Amazon Park, San Francisco, CA**

**From San Jose:**

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|  | Merge onto **US-101 N** toward **San Francisco**  About 38 mins |  |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rsl.png | . | Take exit **426A** to merge onto **Bay Shore Blvd** toward **Cow Palace**  About 6 mins | go 2.9 mi  total 42.1 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-lg.png |  | Turn left onto **Geneva Ave**  About 4 mins | go 1.5 mi  total 43.5 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-l.png |  | Turn left onto **Prague St**  About 1 min | go 440 ft  total 43.6 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rg.png |  | Take the 2nd right onto **Rolph St** | go 259 ft  total 43.7 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-l.png |  | Take the 1st left onto **Munich St**  About 1 min | go 0.2 mi  total 43.9 mi |

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| http://maps.gstatic.com/mapfiles/markers2/icon_greenB.png | Crocker |

**From Oakland:**

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|  | Take exit **2B** to merge onto **I-580 W** toward **San Francisco**  About 2 mins |  |

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| http://www.google.com/chart?chst=d_dir_us_i&chld=80|2&chf=bg,s,FFFFFF |  | Take exit **19A** on the left to merge onto **I-80 W** toward **San Francisco**  Partial toll road  About 11 mins | go 8.6 mi  total 11.2 m |

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| http://www.google.com/chart?chst=d_dir_us_f&chld=101|3&chf=bg,s,EEEEEE |  | Merge onto **US-101 S**  About 3 mins | go 2.0 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rsl.png |  | Take exit **431** toward **Daly City** | go 0.4 mi  total 13.7 mi |

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| http://www.google.com/chart?chst=d_dir_us_i&chld=280|3&chf=bg,s,EEEEEE |  | Merge onto **I-280 S**  About 2 mins | go 2.1 mi  5.7 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rsl.png |  | Take exit **51** for **Geneva Ave** | go 0.4 mi  total 16.1 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-lg.png |  | Turn left onto **Geneva Ave**  About 5 mins | go 0.8 mi  total 16.9 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-r.png |  | Turn right onto **Naples St**  About 1 min | go 0.2 mi  total 17.2 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-lg.png |  | Turn left onto **Munich St** | go 476 ft  total 17.3 mi |

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| http://maps.gstatic.com/mapfiles/markers2/icon_greenB.png | Crocker-Amazon, San Francisco, CA‎ |

**From Marin:**

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|  | Turn right to merge onto **US-101 S** toward **San Francisco**  Partial toll road  About 21 mins |  |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rslg.png |  | Take exit **438** for **California 1 S** toward **Golden Gate Parkway/19th Avenue** | go 0.3 mi  total 33.5 mi |

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| http://www.google.com/chart?chst=d_dir_us_s&chld=1|1&chf=bg,s,FFFFFF | . | Merge onto **CA-1 S**  About 13 mins | go 6.2 mi  total 39.8 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rslg.png |  | Slight right onto **Junipero Serra Blvd**  About 1 min | go 0.3 mi  total 40.1 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rsl.png |  | Take the exit toward **Alemany Blvd E/Cow Palace** | go 407 ft  total 40.2 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/gray.png |  | Merge onto **Brotherhood Way**  About 1 min | go 0.5 mi  total 40.7 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-lsl.png |  | Slight left onto **Alemany Blvd**  About 1 min | go 0.3 mi  total 41.0 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rg.png |  | Keep right at the fork  About 4 mins | go 1.0 mi  total 42.0 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-r.png |  | Turn right onto **Geneva Ave**  About 2 mins | go 0.4 mi  total 42.4 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rg.png |  | Turn right onto **Naples St**  About 1 min | go 0.2 mi  total 42.7 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-l.png |  | Turn left onto **Munich St** | go 476 ft  total 42.8 mi |

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| http://maps.gstatic.com/mapfiles/markers2/icon_greenB.png | Crocker-Amazon |

**From Sacramento:**

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|  | Merge onto **I-80 W**  About 1 hour 11 mins |  |

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| http://www.google.com/chart?chst=d_dir_us_i&chld=80|2&chf=bg,s,EEEEEE |  | Slight right to stay on **I-80 W** (signs for **San Francisco**)  Partial toll road  About 11 mins | go 8.4 mi  total 85.8 mi |

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| http://www.google.com/chart?chst=d_dir_us_f&chld=101|3&chf=bg,s,FFFFFF |  | Merge onto **US-101 S**  About 3 mins | go 2.0 mi  total 87.8 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rslg.png |  | Take exit **431** toward **Daly City** | go 0.4 mi  total 88.3 mi |

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| http://www.google.com/chart?chst=d_dir_us_i&chld=280|3&chf=bg,s,FFFFFF |  | Merge onto **I-280 S**  About 2 mins | go 2.1 mi  total 90.3 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rslg.png |  | Take exit **51** for **Geneva Ave** | go 0.4 mi  total 90.7 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-l.png |  | Turn left onto **Geneva Ave**  About 5 mins | go 0.8 mi  total 91.5 mi |

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| http://maps.gstatic.com/intl/en_us/mapfiles/turn-rg.png |  | Turn right onto **Naples St**  About 1 min | go 0.2 mi  total 91.8 mi |

Show: [**Text only**](javascript:void(0)) | [Map](javascript:void(0)) | [Street View](javascript:void(0))

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| --- | --- | --- | --- |
| http://maps.gstatic.com/intl/en_us/mapfiles/turn-l.png |  | Turn left onto **Munich St** | go 476 ft  total 91.9 mi |

Show: [**Text only**](javascript:void(0)) | [Map](javascript:void(0)) | [Street View](javascript:void(0))

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| http://maps.gstatic.com/mapfiles/markers2/icon_greenB.png | Crocker-Amazon |