**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, 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:**

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

Show: **Text only** | Map | Street View

|  |  |  |  |
| --- | --- | --- | --- |
| 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 mitotal 42.1 mi |

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

**From Oakland:**

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

Show: **Text only** | Map | Street View

|  |  |  |  |
| --- | --- | --- | --- |
| 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 roadAbout 11 mins | go 8.6 mitotal 11.2 m |

Show: **Text only** | Map | Street View

|  |  |  |  |
| --- | --- | --- | --- |
| 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 |

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

|  |  |  |  |
| --- | --- | --- | --- |
| 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 mi5.7 mi |

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

**From Marin:**

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

Show: **Text only** | Map | Street View

|  |  |  |  |
| --- | --- | --- | --- |
| 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 mitotal 33.5 mi |

Show: **Text only** | Map | Street View

|  |  |  |  |
| --- | --- | --- | --- |
| 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 mitotal 39.8 mi |

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

**From Sacramento:**

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

Show: **Text only** | Map | Street View

|  |  |  |  |
| --- | --- | --- | --- |
| 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 roadAbout 11 mins | go 8.4 mitotal 85.8 mi |

Show: **Text only** | Map | Street View

|  |  |  |  |
| --- | --- | --- | --- |
| 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 mitotal 87.8 mi |

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

|  |  |  |  |
| --- | --- | --- | --- |
| 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 mitotal 90.3 mi |

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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

Show: **Text only** | Map | Street View

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