



Cross Country Meet
September 25th, 2011
USATF Sanctioned

Location: Granite Regional Park, Sacramento, CA

Time: 8:00 AM - Registration
9:00 AM - Course Walk
10:00 AM - First Race

The races will be run in the order below. Some races may be combined depending on the number of runners but the results and awards will be determined by gender and age group.

Age Division	Distance	Age Division Description
Sub-Bantams	2K (1.25 miles)	Born 2003 or later
Bantams	3K (1.87 miles)	Born 2001 or 2002
Midgets	3K (1.87 miles)	Born 1999 or 2000
Youths	4K (2.5 miles)	Born 1997 or 1998
Intermediates	4K (2.5 miles)	Born 1995 or 1996
Young	4K (2.5 miles)	Born 1993 or 1994

Cost: \$6.00 per athlete. Pre-registration (mail by 9/20) to: Oak Hill Racing c/o Chad Worthen
11 Agnell Ct., Sacramento, CA 95835

Directions: Granite Regional Park, 8181 Cucamonga, Sacramento, CA 95826 off of Power Inn Road.

From Bay Area: 80 East to Hwy 50 East, exit Howe Ave/Power Inn Rd. (exit 9). Turn Right on Power Inn Rd., left on Cucamonga, starting area is near second park entrance on the right, near the turf fields.

From Sacramento: I-5 South to Hwy 50 East, exit Howe Ave/Power Inn Rd. (exit 9). Turn Right on Power Inn Rd., left on Cucamonga, starting area is near second park entrance on the right, near the turf fields.

From the South: I-5 North to Hwy 50 East, exit Howe Ave/Power Inn Rd. (exit 9). Turn Right on Power Inn Rd., left on Cucamonga, starting area is near second park entrance on the right, near the turf fields.

Course: The course has gravel, dirt, rocks and asphalt with rolling hills. No spikes allowed.

Contact: Chad Worthen chad@fleetfeetsacramento.com or (916) 997-1643 (e-mail preferred)

OAK HILL RACING GRANITE REGIONAL PARK CROSS COUNTRY ENTRY FORM AND WAIVER

Athlete's Name: _____

Athlete's Team: _____ (UNAT if unattached)

Athlete's 2011 PAUSATF #: _____ (if applicable)

Age Group (circle one): Sub Bantam, Bantam, Midget, Youth, Open (i.e. Intermediate or Young)

Male _____ Female _____

WAIVER AND RELEASE OF LIABILITY FOR ATHLETE UNDER 18 (a separate, other waiver must be completed for 18 year old athletes)

In consideration of acceptance of this entry, I, intending to be legally bound for myself, my child, my child's parents, my heirs, personal representative, estate, successors and assigns, hereby waive all claims that my child or I may have against Oak Hill Racing, its officers, its coaches, and its volunteers, and the City of Sacramento arising in any way out of my child's participation in this event and release from all liability Oak Hill Racing, its officers, its coaches, and its volunteers, and the City of Sacramento may have from my child's participation in this event.

I hereby represent that my child is physically fit and has trained sufficiently to participate in this event and that I have full knowledge of the risks involved in this cross country event, including, but not limited to, the risk of injury from bicycle riders who will be sharing the trail on which this event will be held, that injuries often occur and that I assume all expenses in case of accident, illness, injury, or other incapacity.

Parent or legal guardian must sign for each athlete under the age of 18.

Athlete's Signature _____ Dated _____, 2011

Parent's Signature _____ Dated _____, 2011