



Mission Valley October 27, 2013 USATF Cross Country Meet

Location: William Cann Park
Time: 8:00 a.m. - Registration
9:00 a.m. - Course Walk
10:00 a.m. - First race begins
Cost: \$7.00 per athlete

The races will take place in the order listed below. Some races may be combined depending on the number of participants. However, all results and awards will be determined by gender and age group.

Age Division	Distance	Age Division /Description
Group 1	2K (1.25 miles)	Born 2005 or later
Group 2	3K (1.87 miles)	Born 2003 or 2004
Group 3	3K (1.87 miles)	Born 2001 or 2002
Group 4	4K (2.5 miles)	Born 1999 or 2000
Group 5 or 6	4K (2.5 miles)	Born 1995 to 1998

Cost:

\$7.00 per athlete. Pre-Registrants (mail before October 20, 2013) can mail their checks (payable to Mission Valley Track and Field) to:

Coach Lee Webb
c/o James Logan High School
1800 H Street
Union City, CA 94587

Directions to William Cann Park:

In Union City, exit I-880 at Alvarado-Niles Road. Go east for one mile. Turn Right on Dowe Avenue and right on Marsh Hawk Road. The park will be on your left side.

Course:

This course has gravel, dirt, rocks, and asphalt. The race takes place in the 5 acre park and runs through the back portion of the East Bay Regional Park Trails. Beautiful oak trees are speckled throughout the park to provide shade for visitors.

Medals:

The top three runners will be awarded medals. Runners who finish fourth through 10th will receive ribbons. Every runner who finishes the race will receive participant ribbons.

Contact:

Coach Lee Webb Cell: 510-304-7172 Email: lwebb@nhusd.k12.ca.us



Mission Valley
10/27/13 - William M. Cann Park
USATF Cross Country Registration & Waiver Form

Athlete's Name: _____

Athlete's Team: _____ (UNAT if unattached)

Athlete's PAUSATF #: _____ (If applicable)

Age Group (Please check one):

- Age Group 1: Birth years 2005 or later
- Age Group 2: Birth years 2003 - 2004
- Age Group 3: Birth years 2001 - 2002
- Age Group 4: Birth years 1999 - 2000
- Age Group 5/6: Birth years 1995 - 1998

Male _____ Female _____

Waiver and Release of Liability for Athletes 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 Mission Valley Track and Field., its officers, its coaches, and its volunteers, and the city of Union City arising in any way out of my child's participation this event and release from all liability Mission Valley Track and Field, its officers, its coaches, and its volunteers, and the city of Union City 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: _____, 2013

Parent's Signature: _____ Dated: _____, 2013