



Cross Country Meet
September 22rd, 2013
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
Age Group 1	2K (1.25 miles)	Born 2005 or later
Age Group 2	3K (1.87 miles)	Born 2003 or 2004
Age Group 3	3K (1.87 miles)	Born 2001 or 2002
Age Group 4	4K (2.5 miles)	Born 1999 or 2000
Age Group 5/6	4K (2.5 miles)	Born 1995 to 1998

Cost: \$7.00 per athlete. Pre-registration (mail by 9/15) 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 2013 PAUSATF #: _____ (if applicable)

Age Group (check one):

- Age Group 1: Birth Years 2005-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 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 _____, 2013

Parent's Signature _____ Dated _____, 2013