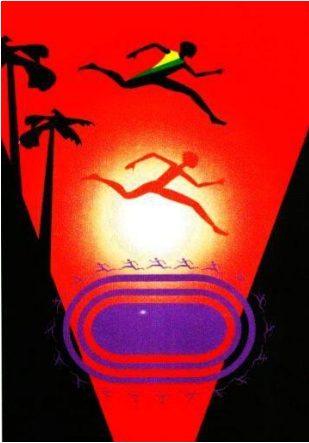


# PALO ALTO LIGHTNING



## Cross Country Meet

November 9th, 2014

At

Bayfront Park, Menlo Park

Registration 8:00-9:00AM

Course Walk 9:00AM

First Race 10:00AM

Awards will be given to the top finishers in each division

Entry: \$7

Age Division	Distance	Age Description
Group 1	2K	Born 2006 or later
Group 2	3K	Born 2004 or 2005
Group 3	3K	Born 2002 or 2003
Group 4	4K	Born 2000 or 2001
Group 5	5K	Born 1998 or 1999
Group 6	5K	Born 1996 or 1997

**For more information contact Coach Young:**

**STY3000@aol.com or (650) 321-2175**

**PaloAltoLightningTrack.com**

## Directions

### From San Francisco:

Go South on 101 to Marsh Road make a left toward the Bay and go straight in the the back of the Park.

### From San Jose:

Go North on 101 to the Marsh Road Exit turn left and go straight to the back of the Park.

# Palo Alto Lightning X-Country Meet

## Entry Form and Waiver

Athlete's Name: \_\_\_\_\_

Athlete's Team: \_\_\_\_\_

Athlete's USATF #: \_\_\_\_\_ (optional)

### Gender:

MALE	FEMALE

Mark box  
with 'X'

### Age Group:

Group 1 Born 2006 or later	Group 2 Born 2004-2005	Group 3 Born 2002-2003	Group 4 Born 2000-2001	Group 5 Born 1999 or earlier

Mark box  
with 'X'

## WAIVER AND RELEASE OF LIABILITY FOR ATHLETES UNDER THE AGE OF 18

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

I hereby attest 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 in which this event will be held, that injuries often occur and that I assume all expenses in case of accident, illness, injury, or any other incapacity.

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

Athlete's signature: \_\_\_\_\_ Dated \_\_\_\_\_ 2014

Parent's signature: \_\_\_\_\_ Dated \_\_\_\_\_ 2014