



Castro Valley Track Club



*A Nonprofit Public Benefit Corporation
An IRS (c)(3) tax exempt entity
ID# 26-4001457*

510-409-9308=phone
www.cvtrackclub.com

A Road Runners Club of America

**Club #0010 of Pacific
Association of USATF**

Cross Country Meet

Sunday October 12, 2014

At Canyon Middle School

19600 Cull Canyon Rd
Castro Valley, CA 94552

USATF Sanctioned Cross Country Meet

Meet at the Football Field inside Canyon Middle School (South East Corner)

Registration (**Same Day Only**) 8:00 am – 9:00 am

Course Walk – 9:00am

First Race – 10:00am

<i>Age Division</i>	<i>Distance</i>	<i>Age Description</i>
Group 1	2K (1.25 miles)	Born 2006 or later
Group 2	3K (1.87 miles)	Born 2004 or 2005
Group 3	3K (1.87 miles)	Born 2002 or 2003
Group 4	4K (2.5 miles)	Born 2000 or 2001
Group 5	5K (3.1 mile)	Born 1998 or 1999
Group 6	5K (3.1 mile)	Born 1996 or 1997

Please note that if the total number of entrants in Groups 5 and 6 is small they may be combined and run 4k.

Awards to the Top six finishers in each division

Entry Fee: \$7.00 (cash or money order – no personal checks)



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Castro Valley Track Club Cross Country Meet At Canyon Middle School

ENTRY FORM AND WAIVER

Athlete's Name: _____

Athlete's Team: _____

Athlete's 2014 PAUSATF #: _____

Age Group (circle one): 1 2 3 4 5 6 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 Castro Valley Track Club, Inc, its officers, its coaches, and its volunteers, and Castro Valley Unified School District arising in any way out of my child's participation in this event and release from all liability Castro Valley Track Club, Inc, its officers, its coaches, and its volunteers, and Castro Valley Unified School District 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 tripping or falling, twisted ankles, that injuries often occur and that I assume all expenses in case of accident, illness, injury, or other incapacity. I understand that the running course has potholes gopher holes and unseen terrains.

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

Athlete's Signature _____ Dated _____, 2014

Parent's Signature _____ Dated _____, 2014



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Canyon Middle School

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From: Hwy 880 (From Hayward)

Take Hwy 580 East Bound to Grove Way
Go North on Grove Way (name will change to Crow Canyon Rd)
Turn Left at Cull Canyon Rd
Turn Right at Heyer Ave. (uphill)
Main Parking is at top of the hill on the left side (go thru main gate)

From: Hwy 680 (Dublin/ Livermore Area)

Take Hwy 580 West Bound to Crow Canyon Rd. Exit
Turn Left onto E. Castro Valley Blvd.
Take 2nd right onto Crow Canyon Rd
Turn Left at Cull Canyon Rd
Turn Right at Heyer Ave. (uphill)
Main Parking is at top of the hill on the left side (go thru main gate)