



# Castro Valley Track Club

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

**A Road Runners Club of America**



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

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

# Cross Country Meet

Sunday October 11, 2015

## 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**

<u>Age Division</u>	<u>Distance</u>	<u>Age Description</u>
<b>Group 1</b>	<b>2K (1.25 miles)</b>	<b>Born 2007 or later</b>
<b>Group 2</b>	<b>3K (1.87 miles)</b>	<b>Born 2005 or 2006</b>
<b>Group 3</b>	<b>3K (1.87 miles)</b>	<b>Born 2003 or 2004</b>
<b>Group 4</b>	<b>4K (2.5 miles)</b>	<b>Born 2001 or 2002</b>
<b>Group 5</b>	<b>5K (3.1 mile)</b>	<b>Born 1999 or 2000</b>
<b>Group 6</b>	<b>5K (3.1 mile)</b>	<b>Born 1997 or 1998</b>

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**

**(Please Print!)**

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

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

Athlete's 2015 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 \_\_\_\_\_, 2015

Parent's Signature \_\_\_\_\_ Dated \_\_\_\_\_, 2015



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## Canyon Middle School

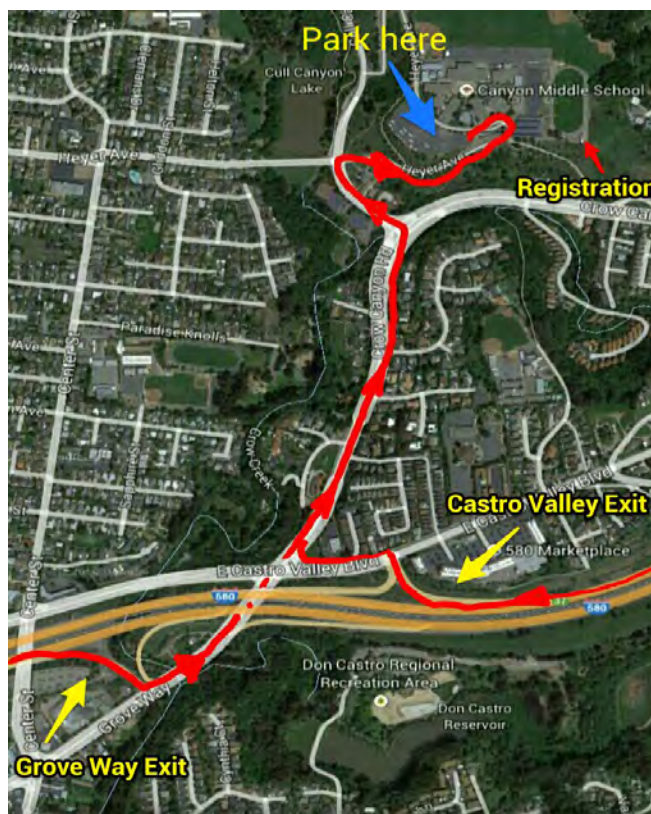
19600 Cull Canyon Rd  
Castro Valley, CA 94552

### 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 Castro Valley Exit
- Turn Left onto E. Castro Valley Blvd.
- Take 2<sup>nd</sup> 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)







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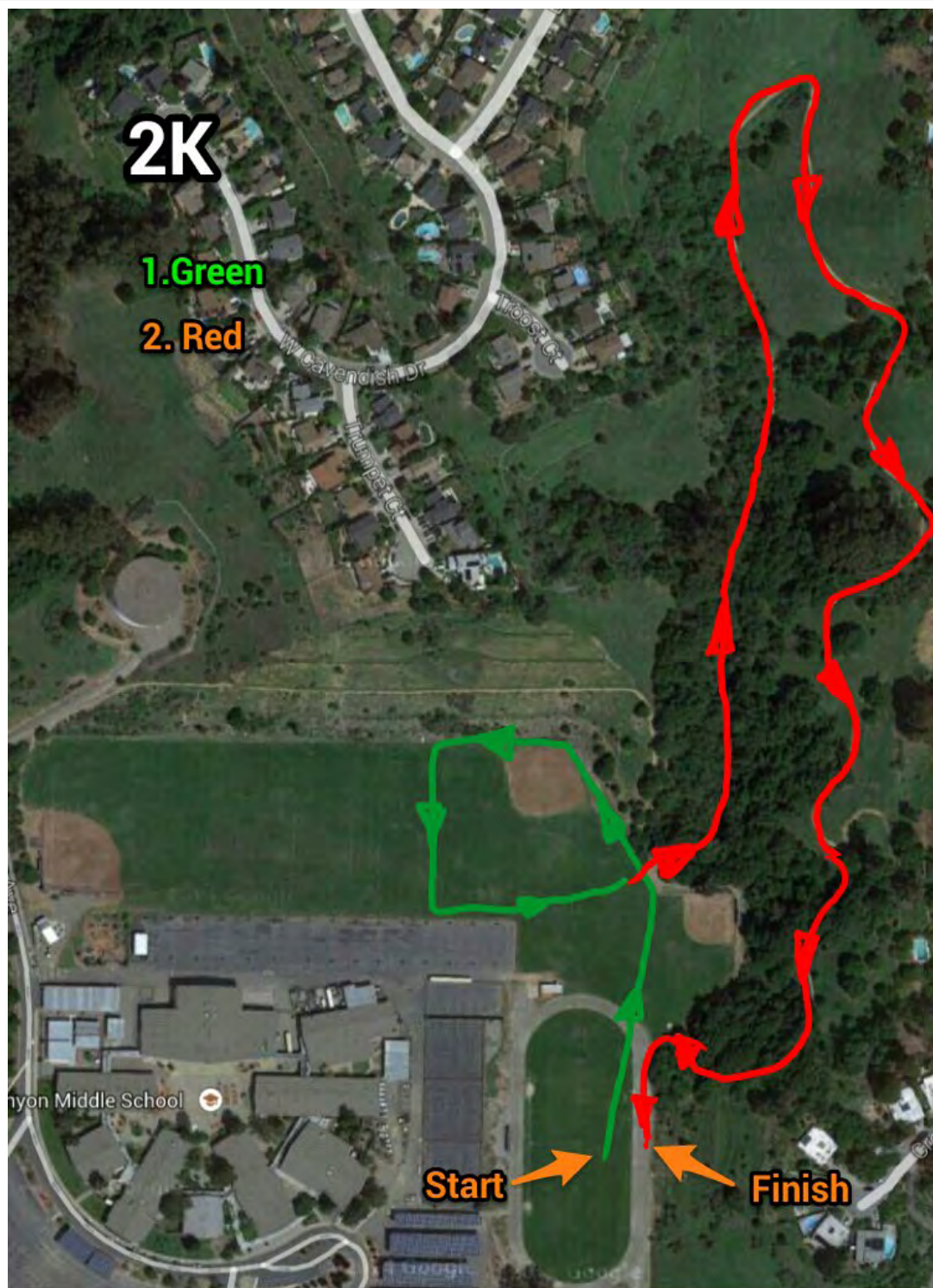
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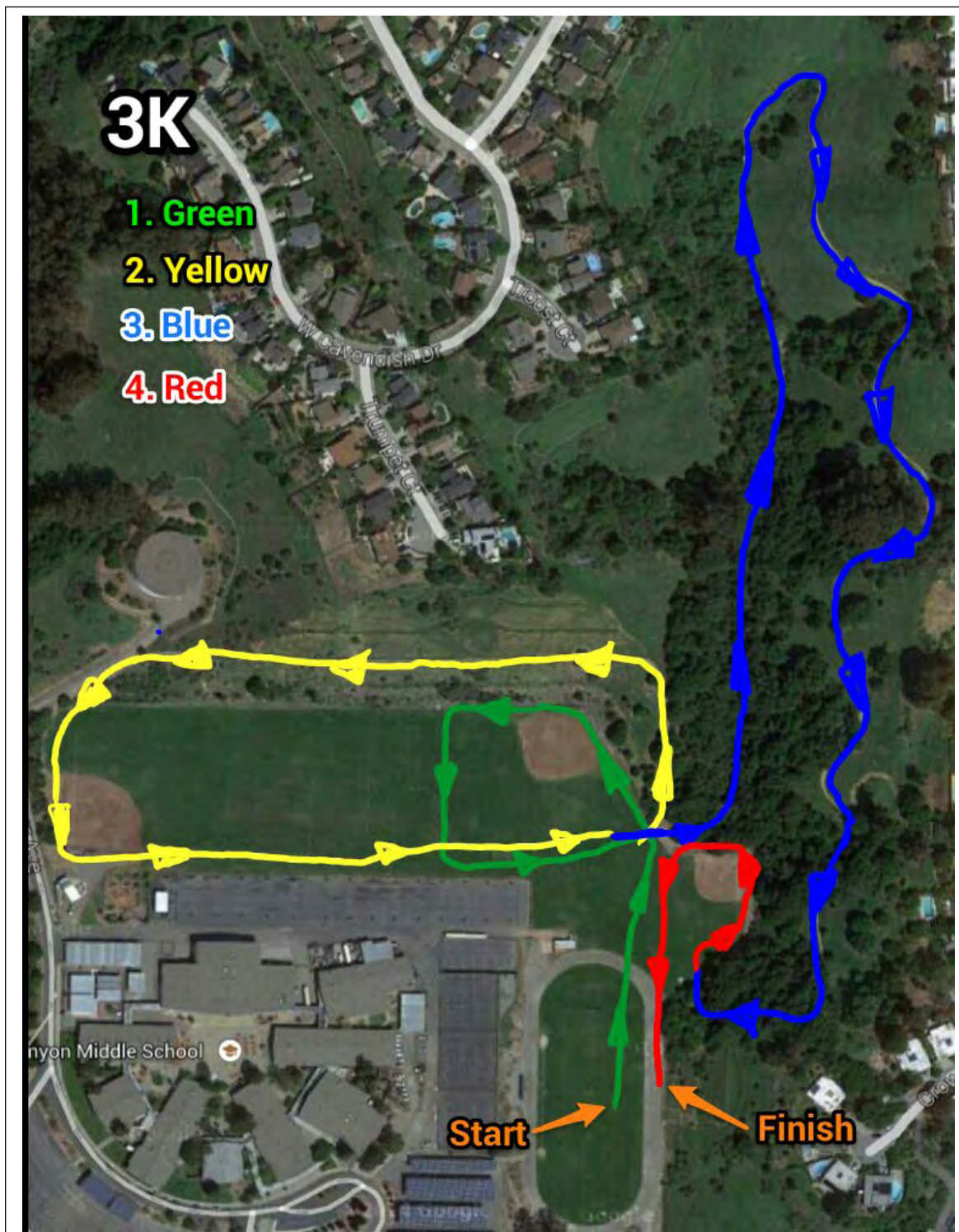
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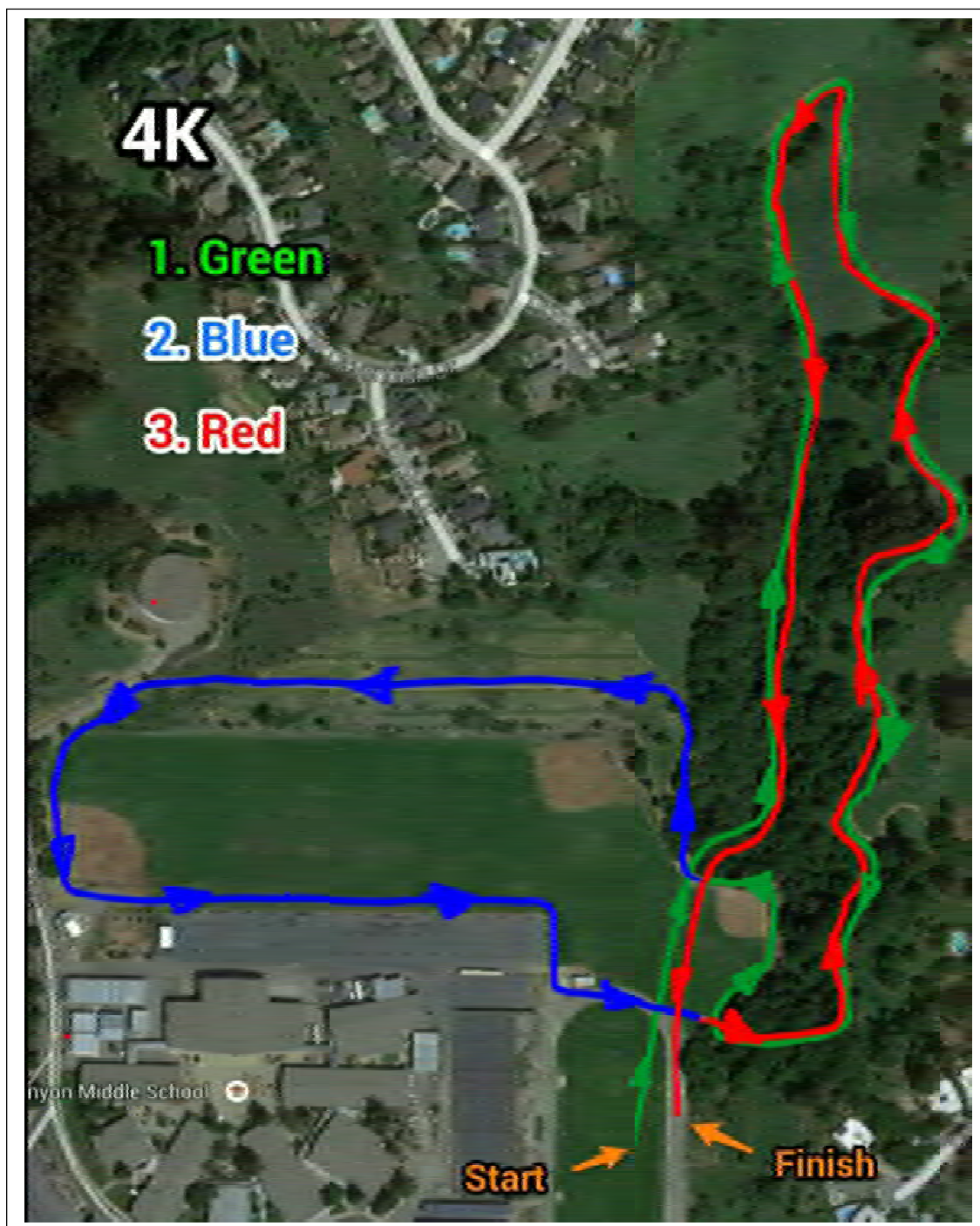
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