



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 9, 2016

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>
8 & Under	2K (1.25 miles)	Born 2008+
9 – 10	3K (1.87 miles)	Born 2006 or 2007
11 - 12	3K (1.87 miles)	Born 2004 or 2005
13 - 14	4K (2.5 miles)	Born 2002 or 2003
15 - 16	5K (3.1 mile)	Born 2000 or 2001
17 - 18	5K (3.1 mile)	Born 1998 or 1999

Please note that if the total number of entrants in groups 15-16 and 17-18 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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ENTRY FORM AND WAIVER

Athlete's Name: _____ Male / Female (circle one)

Athlete's Team: _____

Athlete's 2016 PAUSATF #: _____

Age Group (circle one): 8 &under 9-10 11-12 13-14 15-16 17-18

IN CONSIDERATION OF MY PARTICIPATION IN THE CASTRO VALLEY TRACK CLUB CROSS COUNTRY MEET [hereinafter "Event"], I, on behalf of myself, my heirs, estate, successor and assigns, HEREBY WAIVE, RELEASE, COVENANT NOT TO SUE AND FOREVER DISCHARGE CASTRO VALLEY TRACK CLUB, its officers, directors, coaches, volunteers, agents, Castro Valley Unified School District and all other individual(s) associated with the Event from any and all liabilities, actions, claims for damages arising out or in any way connected with the Event, including without limitation any discomfort, illness, injury, or accident which may occur while traveling to and from the Event, participating in the Event or while on the Premises (Canyon Middle School) of the Event. I UNDERSTAND, ACKNOWLEDGE AND ASSUME ALL RISKS associated with the Event, including without limitation, risks of permanent injury, illness or death due to falls, obstacles, fallen trees, debris, uneven surfaces, gopher holes, poison oak, wildlife, contact with other participants, acts or omissions of other participants or individual(s) using or on the Premises, weather conditions, and conditions of any road or paths.

I hereby certify that I am over the age of 18 and have the capacity to execute this Waiver and Release of all claims and do so on my own behalf. If executing on behalf of a minor, I hereby warrant and agree that I am the parent or legal guardian of that individual and have the legal authority and capacity to enter into this Agreement and Waiver and Release of Liability on his/her behalf and by executing this Agreement and Waiver, knowingly and fully assume all risk of injury and agree to the terms of this Waiver and Release of Liability on his or her behalf.

If executing on behalf of a minor, name of minor: _____ Age: _____

PRINT NAME: _____

SIGNATURE: _____

DATE: _____, 2016



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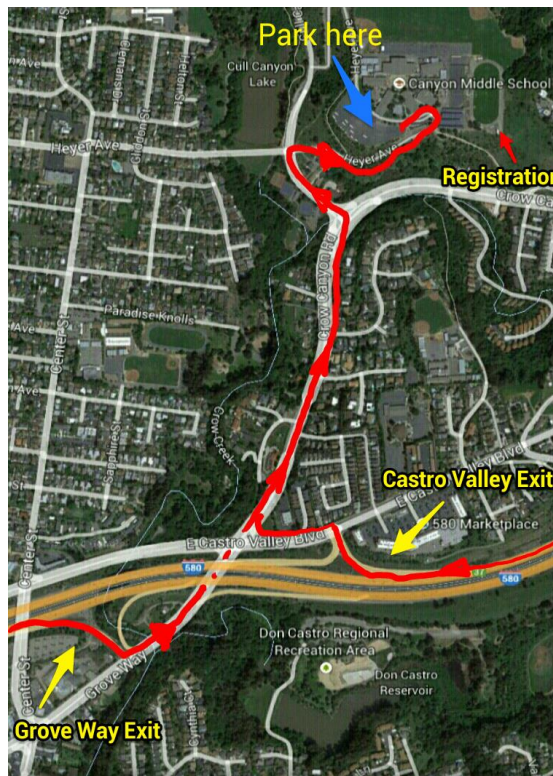
Canyon Middle School 19600 Cull Canyon Rd Castro Valley, CA 94552

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 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)**



Rev: June 21, 2016



Castro Valley Track Club

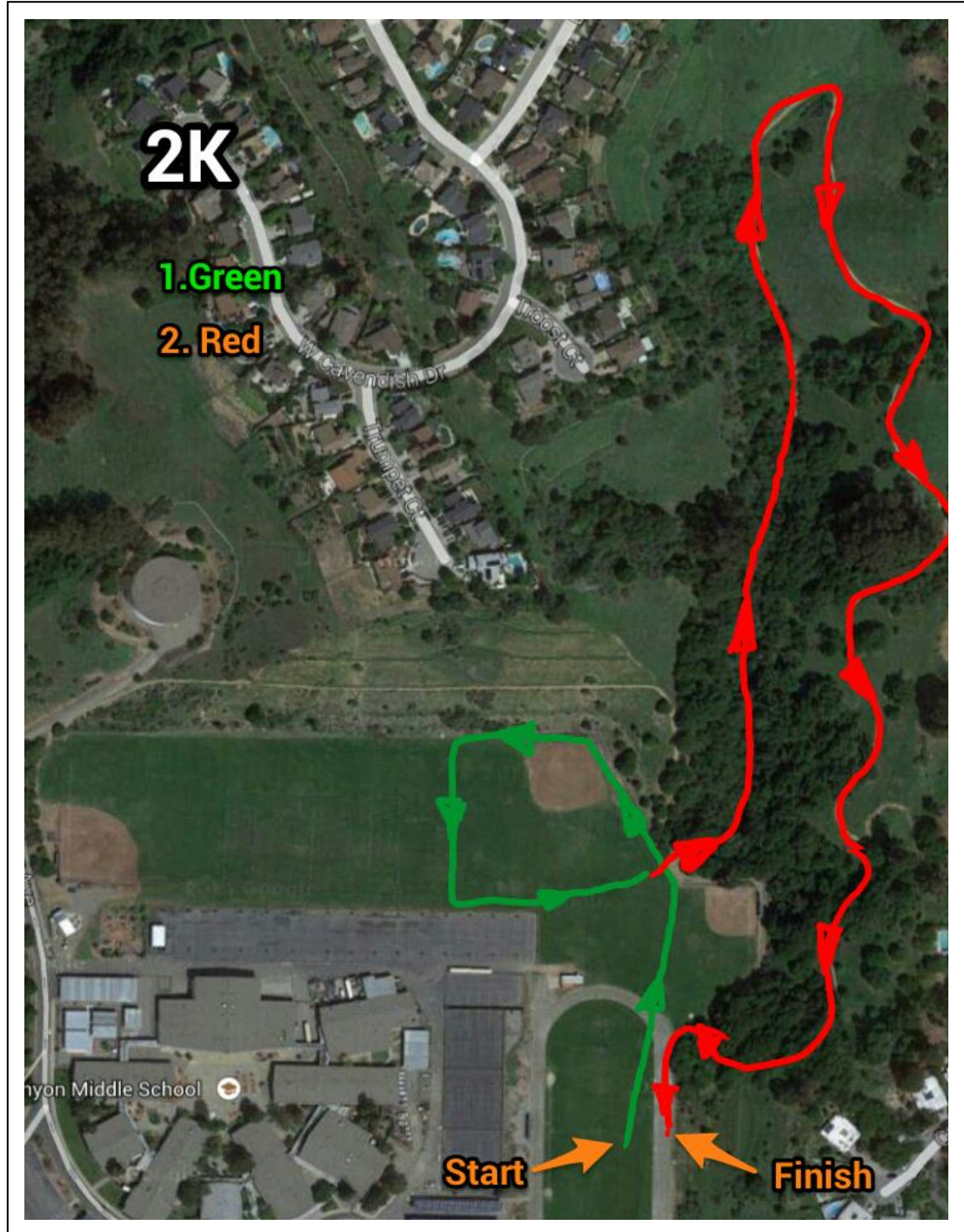


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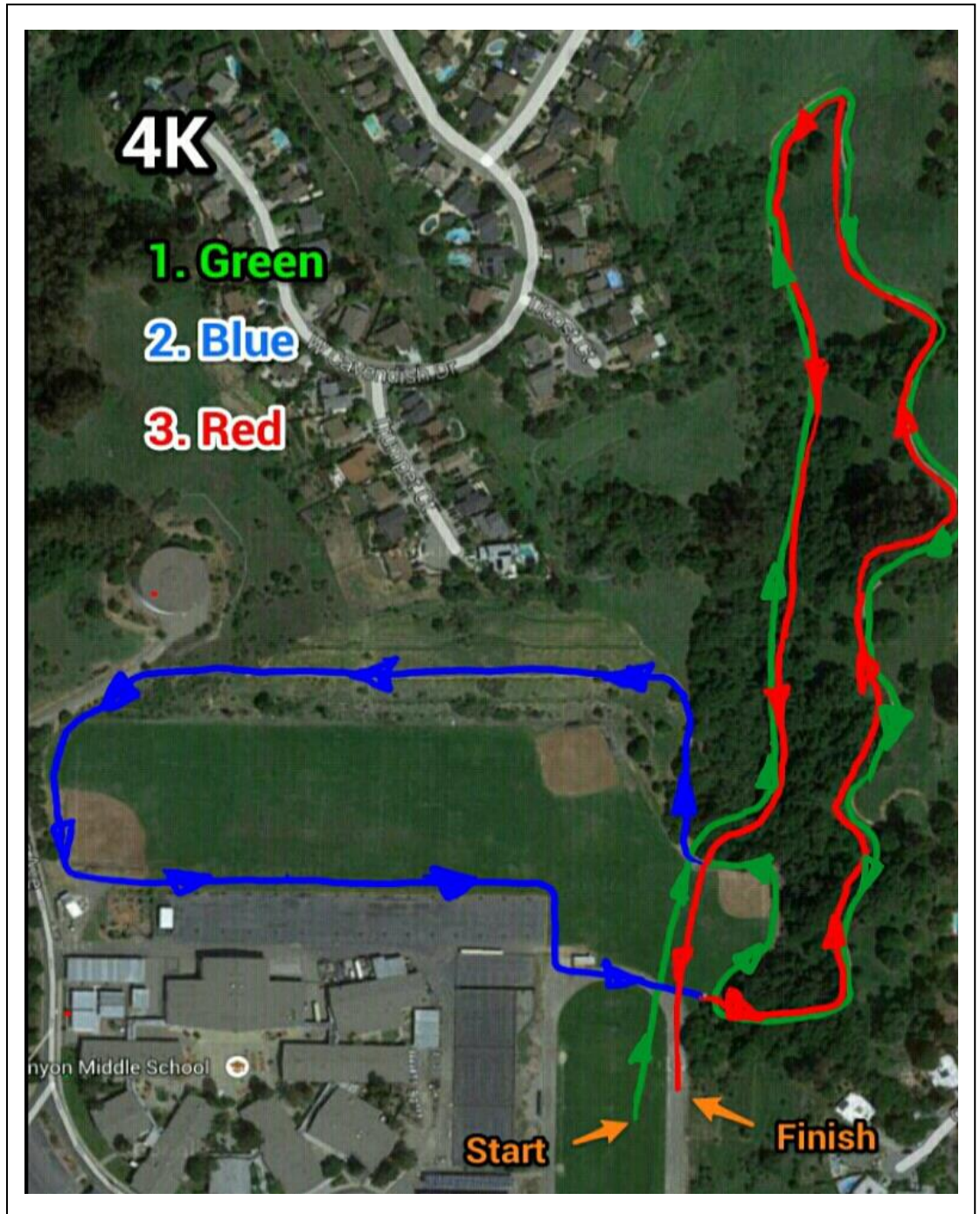


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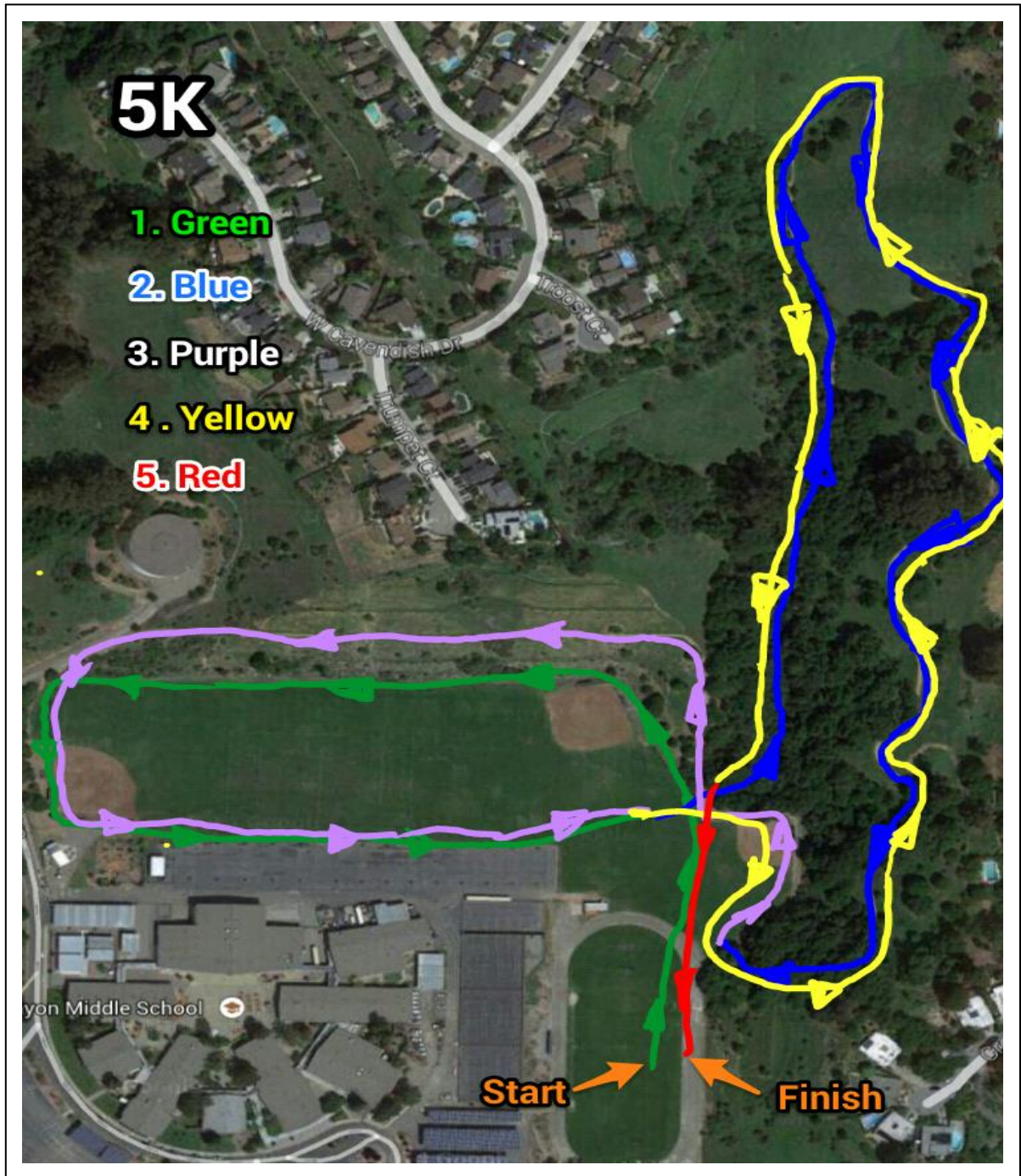


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