

Cheetahs Willow Hills Run

Sunday November 10, 2019

Willow Hills Cross Country Course

235 Barnhill Road
Folsom, CA 95630

<p>USATF Youth Rules Apply \$9 per Athlete Online: https://www.athletic.net/CrossCountry/meet/168436/register</p> <p>Additional \$1 day-of-meet registration fee \$10- Day-of-meet Registration NO REFUNDS</p>	<p>Registration: 8:00 AM Course Walk: 9:00 AM First Race: 10:00 AM</p> <p>Rain or Shine</p>
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Athletes will compete in USATF age groups based on athlete's age on 12/31/2019.
Group 5 is combined 15-18 for increased competition

Team scoring for clubs with 5+ athletes in same division!

	AGE	Birth Year	Race Distance
Group 1	8 and Under	2011 and after	2K
Group 2	9 - 10	2009-2010	3K
Group 3	11 - 12	2007-2008	3K
Group 4	13 - 14	2005-2006	4K
Group 5	15 - 18	2001-2004	5K

Results will be posted after each race and on athletic.net and pausatf.org/youth the day of the meet.

Automatic timing will be provided by Lynn Mentzer, who timed the Region 16 race in Reno last November.

We will not be using Folsom High School for this meet.

- All access to the Willow Hills Course will be through the park entrance on Barnhill Drive.
- Restroom facilities will be limited to the two toilets in the park.
- Parking will be limited to park public parking on Barnhill Dr and surrounding area
 - follow all posted parking restrictions
 - parking is not permitted at Treehouse Plaza or Prairie City Crossing Shopping Centers

Please stay off the Folsom High School Campus at all times!

Entry Form

Contra Costa Cheetahs Cross Country Meet—11/10/2019

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First Name	Last name	Date of Birth
Bib Number	Club Name	

Liability Waiver:

For and in consideration of USA Track & Field, Inc. (“USA Track & Field”) allowing the minor identified above to participate in the USATF sanctioned event described above (the “Event” or “Events”); I, for myself, and on behalf of Minor, and the Minor’s parents/legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the “Agreement”);

1. I hereby represent that (i) I am the parent or legal guardian of the Minor; (ii) the Minor is in good health and in proper physical condition to participate in the Event; and (iii) the Minor is not under the influence of alcohol or any illicit or prescription drugs which would in any way impair the Minor’s ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether the Minor is sufficiently fit and healthy enough to participate in the Event, that I am responsible for the Minor’s safety and well being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge the risks and dangers associated with the Minor’s participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and will represent an extreme test of the Minor’s physical and mental limits. I understand that the Minor’s participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or man made objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizer; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”). I understand that these Risks may be caused in whole or in part by the Minor’s own actions or inaction, the actions or inaction of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and on behalf of the Minor, I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which may be incurred as a result of the Minor’s participation in any Event.

3. I understand that the Minor is required to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for the conduct and actions of the Minor while he or she is participating in the Event, and the condition and adequacy of the Minor’s equipment.

4. On behalf of the Minor, I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc., its members, member clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the Event Directors, Organizers and Promoters, Sponsors, Advertisers, Coaches and Officials; the Host Organization and the Facility, Venue and Property Owners or Operators upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the “Released Parties” or “Event Organizers”), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature (“Liability”)which may arise out of, result from, or relate in any way to the Minor’s participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, the Minor, or anyone on the Minor’s behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim. I hereby warrant that I am of legal age and authorized to enter into this Agreement on behalf of the Minor, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the Minor, the Minor’s parents/legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as the confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Signature	Printed Name	Date