



# Cross Country

---

**Mitchell Middle School**

**2100 Zinfandel Dr, Rancho Cordova, CA 95670**

**Sunday, October 2nd, 2022**

**Clubs: please register on**

**[RCTC XC - USATF GrandPrix - Meet Info - Cross Country Meet \(athletic.net\)](#)**

**Entry Fee: \$8**

**Fees will be collected on Athletic.net when you register and we will accommodate meet-day registration.**

**8:00 am – 9:00 am Registration (Unattached Athletes)**

**Parking: Free at Mitchell Middle School, Williamson Elementary School and adjacent neighborhoods.  
Please be considerate of our neighbors**

**Meet Director:**

**Josh Gruver: [josh@rctrack.org](mailto:josh@rctrack.org)**

---

## **Race order:**

<b>Age</b>	<b>Division</b>	<b>Distance</b>	<b>Year of Birth</b>
<b>8 &amp; Under</b>	<b>1</b>	<b>1K (0.62 miles)</b>	<b>2013+</b>
<b>9 – 10</b>	<b>2</b>	<b>3K (1.87 miles)</b>	<b>2011 – 2012</b>
<b>11 – 12</b>	<b>3</b>	<b>3K (1.87 miles)</b>	<b>2009 – 2010</b>
<b>13 – 14</b>	<b>4</b>	<b>4K (2.5 miles)</b>	<b>2007 – 2008</b>
<b>15 – 16</b>	<b>5</b>	<b>5K (3.1 miles)</b>	<b>2005 – 2006</b>
<b>17 – 18</b>	<b>6</b>	<b>5K (3.1 miles)</b>	<b>2003 – 2004</b>

### 5K Course

<https://www.mapmyrun.com/routes/view/5222972332>

### 4K Course

Only race that finishes in the opposite direction.

<https://www.mapmyrun.com/routes/view/5222950639>

### 3K Course

<https://www.mapmyrun.com/routes/view/5221550407>

### 1K Course

<https://www.mapmyrun.com/routes/view/5221483147>

### **PARKING MAP:**



### **SCHEDULE:**

**7:30AM - Course Preview**

**8:30AM - Group 1 Girls 1K**

**9:15 AM - Group 2 Girls 3K**

**8:55 AM - Group 1 Boys 1K**

**9:45 AM - Group 2 Boys 3K**

10:20 AM - Group 3 Girls 3K

12:40 PM - Group 5 Girls 5K

10:50 AM - Group 3 Boys 3K

1:05 PM - Group 5 Boys 5K

11:20 AM - Group 4 Girls 4K

1:40 PM - Group 6 Girls 5K

11:55 AM - Group 4 Boys 4K

2:20 PM - Group 6 Boys 5K

2:30 PM - Awards will be at the Registration Table

Races will be combined when possible.

### Entry Form and Waiver

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

Athlete's Team: N/A \_\_\_\_\_

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

Gender: \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE

**Birthdate:**

<u>Year</u>		<u>Month</u>		<u>Day</u>	
-------------	--	--------------	--	------------	--

### PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of USA Track & Field, Inc. ("USA Track & Field" or "USATF") allowing me, the registrant, to participate in the USA Track & Field sanctioned event I am registering for herein (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, 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 at least eighteen (18) years of age (or this Agreement is also agreed to by my parent, natural guardian, or legal guardian (the "Guardian")); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sports of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, 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 manmade 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 Organizers (as defined in Section 4 below); 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 my own actions or inactions or the actions or inactions of others participating in or organizing the Event, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a

result of my participation in any Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties (as defined in Section 4 below).

3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competition Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.

4. I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties, as relevant and applicable in each instance: USATF, its members, clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the event directors, the host organization and the facility, venue and property owners or operators upon which the Event takes place; and any other organizers, promoters, sponsors, advertisers, coaches and officials for this Event; 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 attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my 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 may be incurred as the result of such claim, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties, as relevant and applicable in each instance.

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 of Parent or Guardian: \_\_\_\_\_

Date Signed: \_\_\_\_\_

**WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING  
COVID-19 ASSUMPTION OF RISK / WAIVER OF LIABILITY /  
INDEMNIFICATION AGREEMENT**

In consideration of being allowed to participate on behalf of Santa Cruz Track Club athletic program and related events and activities, the undersigned acknowledges, appreciates, and agrees that: • Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and, • I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, • I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, • I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Oakland Cubs Youth Running Club their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X //

Signature of Participant Date Signed FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION) This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releases and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releases for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE to the fullest extent provided by law.

Signature of Parent or Guardian: \_\_\_\_\_

Date Signed: \_\_\_\_\_



VISIT

---

**RANCHO CORDOVA**  
CALIFORNIA

