

Dedicated to the Memory of Pat Petersen



USATF-Long Island



OPEN & MASTERS ASSOCIATION 8K CROSS-COUNTRY CHAMPIONSHIP

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SUNDAY, November 17, 2019 8:30 am
Bethpage State Park, NY



Sanctioned & Officiated by USATF-Long Island

The Course: We will using the 8k college cross country course.

Entry Fee: Pre-Registration \$ 10.00 for USATF Members \$12.00 for Non-members

Day of Race: \$12.00 for USATF Members \$15.00 for Non-Members
All Youth entries \$10.00

Pre-registration must be received, no later than November 15, 2019.

Day of Race registration closes at 8:00 a.m.

Prize Purse for 8k Awarded to **USATF members**: top three overall Male & Female Open & Masters (40+)
1-150, 2-100, 3-50: each category.

Championship Medals awarded to the: Top three overall Male & Female Open & Masters and in the following individual age groups: Male & Female -19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 plus. Team Awards* Top three teams - male and female, open, masters (40-49 & 50-59) seniors (60+). * USATF registered teams - Open Men - 5 score; Open Women, Male & Female Masters - 4 score. All senior teams (60+) 3 score. Scoring will be by combined time of scoring members (This means you need to run hard from start to finish!). All team scorers must be registered members of the same team. Team registration sheets will be available on race day.

Make checks payable to: **LITF**

Mail application to: **USATF-LI X-C Championships 1988 Bergen Street Bellmore, NY 11710**

For further information call: **Alex Cuozzo - 516-652-3555**

Directions: Take US 495 to I-135 (Seafood/Oyster Bay Expressway) The park entrance is at exit 8, Powel Ave/Plainview Road.

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FIRST NAME _____ LAST NAME _____

AGE ON RACE DAY _____ DATE OF BIRTH _____ MALE FEMALE 8k

USATF MEMBERSHIP NUMBER _____ TEAM AFFILIATION _____

ADDRESS _____ PHONE _____

TOWN _____ STATE _____ ZIP _____

I, the undersigned, intending to be legally bound hereto, for myself, my heirs, executors and administrators, waive, release and hold harmless the USATF-LONG ISLAND, All Round Foods, & Foundation Running Camps, for any and all liabilities, claims, demands and causes of action whether or not arising in whole or in part out of the negligence of any of the above organizations or individuals. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event, and that a licensed Medical Doctor has verified my physical condition. Further, I hereby grant permission for USATF and its Long Island Association to use photographs, videos, motion pictures, recordings and any other visual and/or audio record of this event for any purpose whatsoever.

SIGNATURE _____ Date: _____

If under 18, signature of parent or guardian _____

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