



USATF Long Island XC Invitational

Sunday, October 6, 2019
Gardiner County Park
Montauk Hwy, West Bay Shore

8:30 am	Open & Masters	4K
	13/14 years (2005 – 2006)	4K
	15/16 years (2003 - 2004)	4K
	17/18 years (2001 – 2002)	4K
9:15 am	7/8 years (2011 +)	2K
9:45 am	9/10 years (2009 – 2010)	3K
10:15 am	11/12 years (2007 - 2008)	3K

Please note that youth age divisions are based on year of birth and not the actual age of the athlete

Fee - \$8.00

Sports bags to 1st place winners of each age group & gender

Medals to top 5 winners & ribbons to all finishers

Fill out form below and bring to registration for faster processing...

FIRST NAME _____ LAST NAME _____

DATE OF BIRTH(Youth only) _____ MASTERS AGE ____ OPEN ____ MALE ____ FEMALE ____

ADDRESS _____

TEAM AFFILIATION _____ CIRCLE ONE 2K 3K 4K

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against, The County of Suffolk, USATF-Long Island, Nassau County PAL and any and all sponsors associated with this event, for any and all injuries suffered by me in this event. I attest that I am physically fit and sufficiently trained for this competition. I hereby consent to the provision of necessary and appropriate emergency medical treatment.

Signature:

Parent's Signature (if under age 18)

Directions: Southern State Parkway to Exit 40 to Robert Moses Causeway Exit RM2E. Take ramp for 27A/Montauk. Right onto Montauk Highway. Park is on the right.

Nassau County Police Activity League
Bellmore/North Bellmore Unit