

Dedicated to the Memory of Pat Petersen



USATF-Long Island

OPEN & MASTERS ASSOCIATION 8K CROSS-COUNTRY CHAMPIONSHIP

&

2k Youth Cross-Country Challenge SUNDAY, OCTOBER 21, 2018 8:30 am



Gardiner County Park West Bay Shore, NY Sanctioned & Officiated by USATF-Long Island

The Course: This is an 8-kilometer European style Cross Country course run on a 2-kilometer circuit, including at least two hay bale barriers to jump, step on or step over per circuit.

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 October 19, 2018.
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: (From the west) Southern State Parkway east to Robert Mosses Causeway south to Route 27A Montauk Hwy east. The park entrance is on Montauk Hwy.

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FIRST NAME _____ LAST NAME _____

AGE ON RACE DAY _____ DATE OF BIRTH _____ MALE FEMALE 8k 2k

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, Suffolk County, Foundation Running Camps, & Runner's Edge, 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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