



USATF Long Island XC Invitational

Sunday, October 7, 2018

Gardiner County Park

Montauk Hwy, West Bay Shore

| | | |
|----------|---------------------------|----|
| 8:30 am | Open & Masters | 4K |
| | 13/14 years (2004 – 2005) | 4K |
| | 15/16 years (2002 - 2003) | 4K |
| | 17/18 years (2000 – 2001) | 4K |
| 9:15 am | 7/8 years (2010 +) | 2K |
| 9:45 am | 9/10 years (2008 – 2009) | 3K |
| 10:15 am | 11/12 years (2006 - 2007) | 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

FIRST NAME _____ LAST NAME _____

DATE OF BIRTH _____ MASTERS _____ 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, Runner's Edge, 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