



Autumn Classic Cross Country Meet



Sanctioned by USATF

Date: Saturday, October 2nd, 2010

Where: Five Mile Lake Park, Federal Way/Auburn (South 366th Street & Military Road)
From I-5 take the 320th Street exit. Travel east on 320th approx. ½ mile.
Turn right onto Military Rd., follow Military Rd. for 3.1 miles.
Five Mile Lake Park is on the right-hand side.

Registration:

Registration begins at 9:30 a.m. (Picnic Shelter #1)
Entry fee \$7.00 per runner (all age groups)
Course walk-through at 10:00 a.m.

Awards

Individual: 1st Place Medals (ages 14 & under races only)
2nd - 8th Place ribbons for all races, participant ribbons upon request

Team: Ribbons for 1st, 2nd & 3rd place teams (min. 3 per team to score; max. 5 ribbons per team) in 9/10, 11/12 and 13/14 races only.

Name _____ Age as of 12/31/10 _____ Sex _____

Address _____ City _____

Phone _____ Club _____

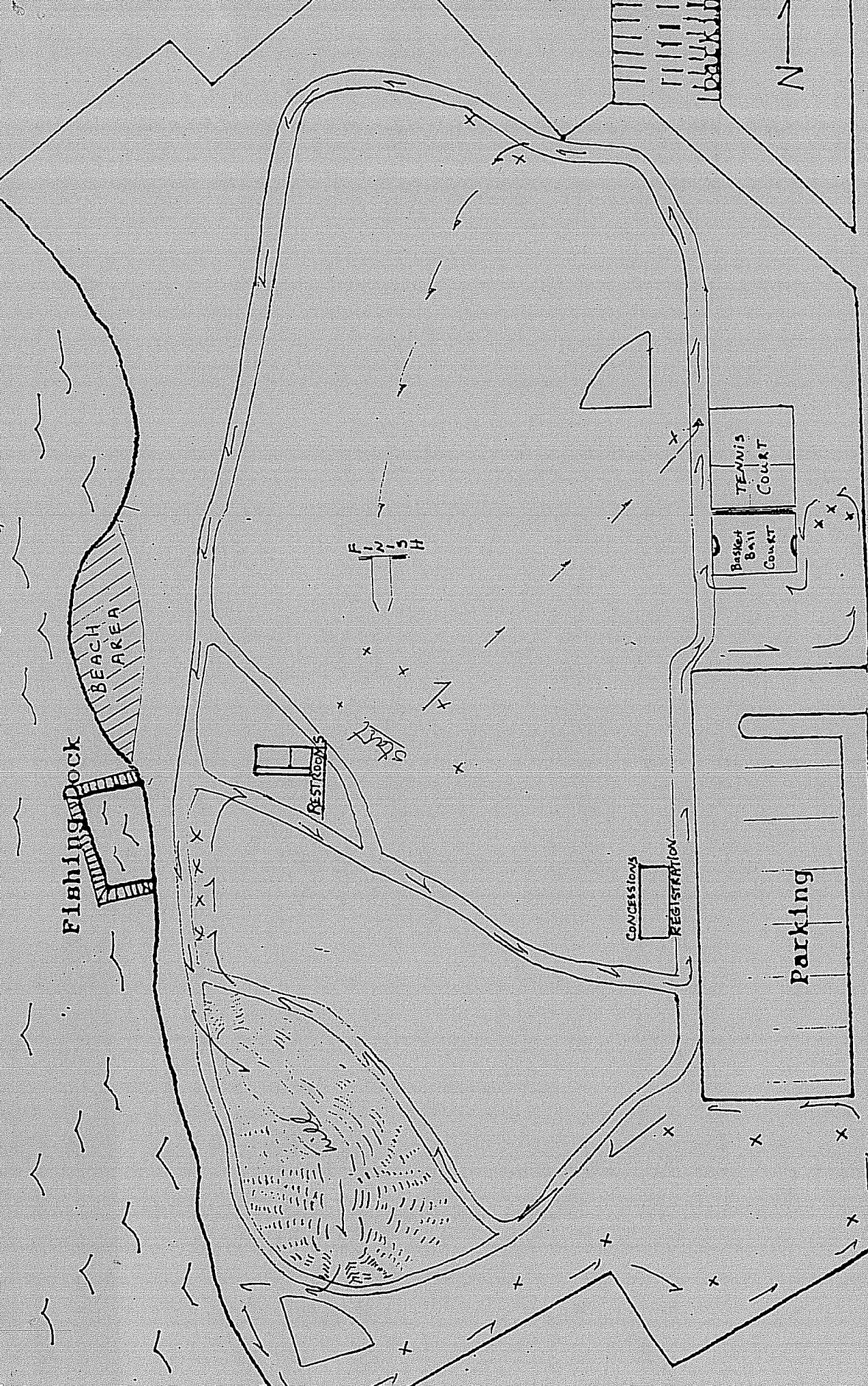
Please check one of the following - (age group as of 12/31/10):

- | | |
|---|---|
| <input type="checkbox"/> 10:30 6 & Under (800 meters) | <input type="checkbox"/> 12:30 11/12 Boys (3000m) |
| <input type="checkbox"/> 10:45 8 & Under (1600m) | <input type="checkbox"/> 1:00 13/14 Girls (4000m) |
| <input type="checkbox"/> 11:00 9/10 Girls (3000m) | <input type="checkbox"/> 1:30 13/14 Boys (4000m) |
| <input type="checkbox"/> 11:30 9/10 Boys (3000m) | <input type="checkbox"/> 2:00 15-18, Open & Masters |
| <input type="checkbox"/> 12:00 11/12 Girls (3000m) | Men & Women (4000m) |

Please read and sign:

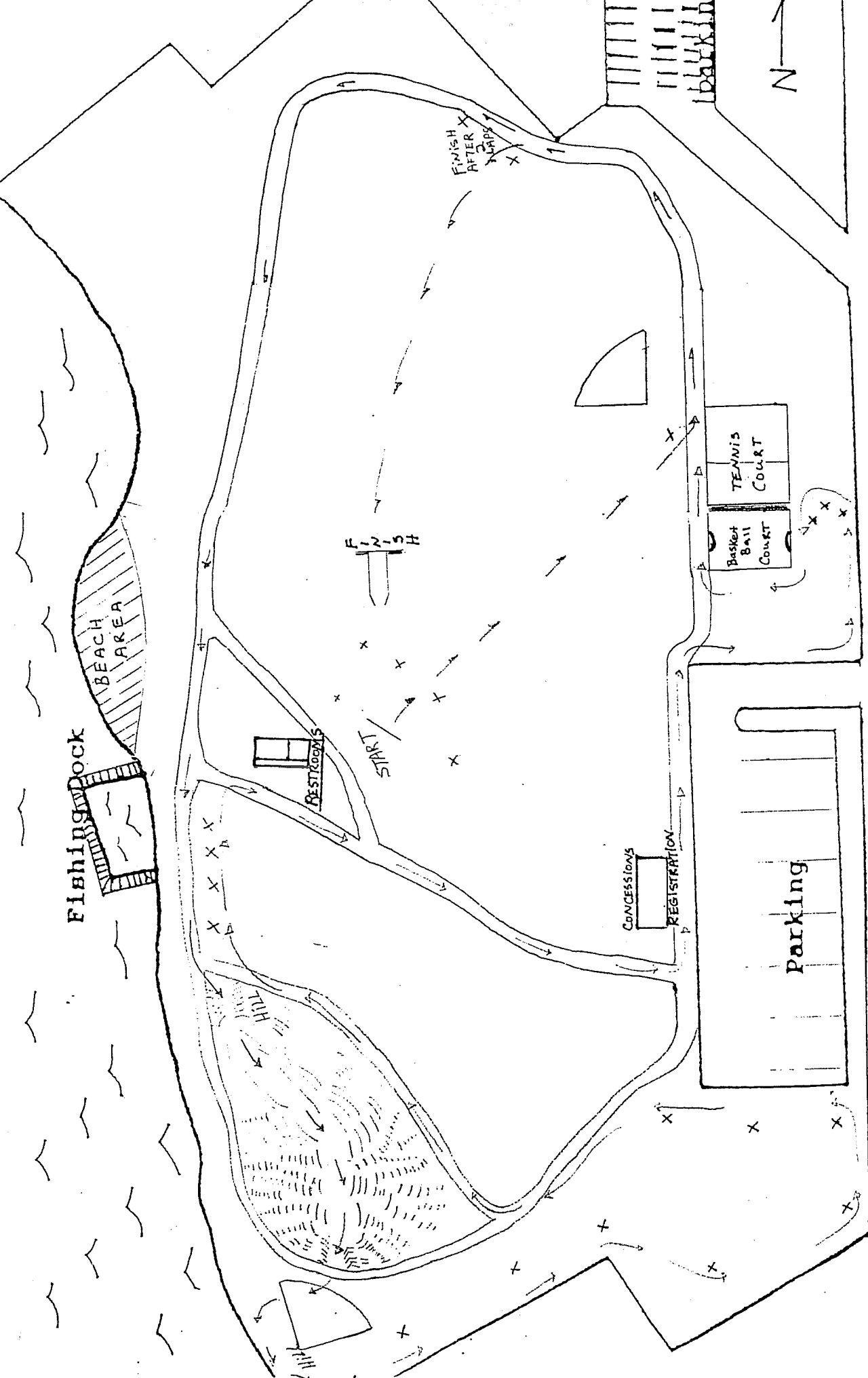
I release the Federal Way Track Club, their club members, board of directors, sponsors and King County Parks department from any claim for injuries that may occur as a result of participation in this event. I attest that the participant is in proper physical condition to compete in the event and aware of the risks involved during cross country competition.

Participant signature or parent/guardian signature if under age 18

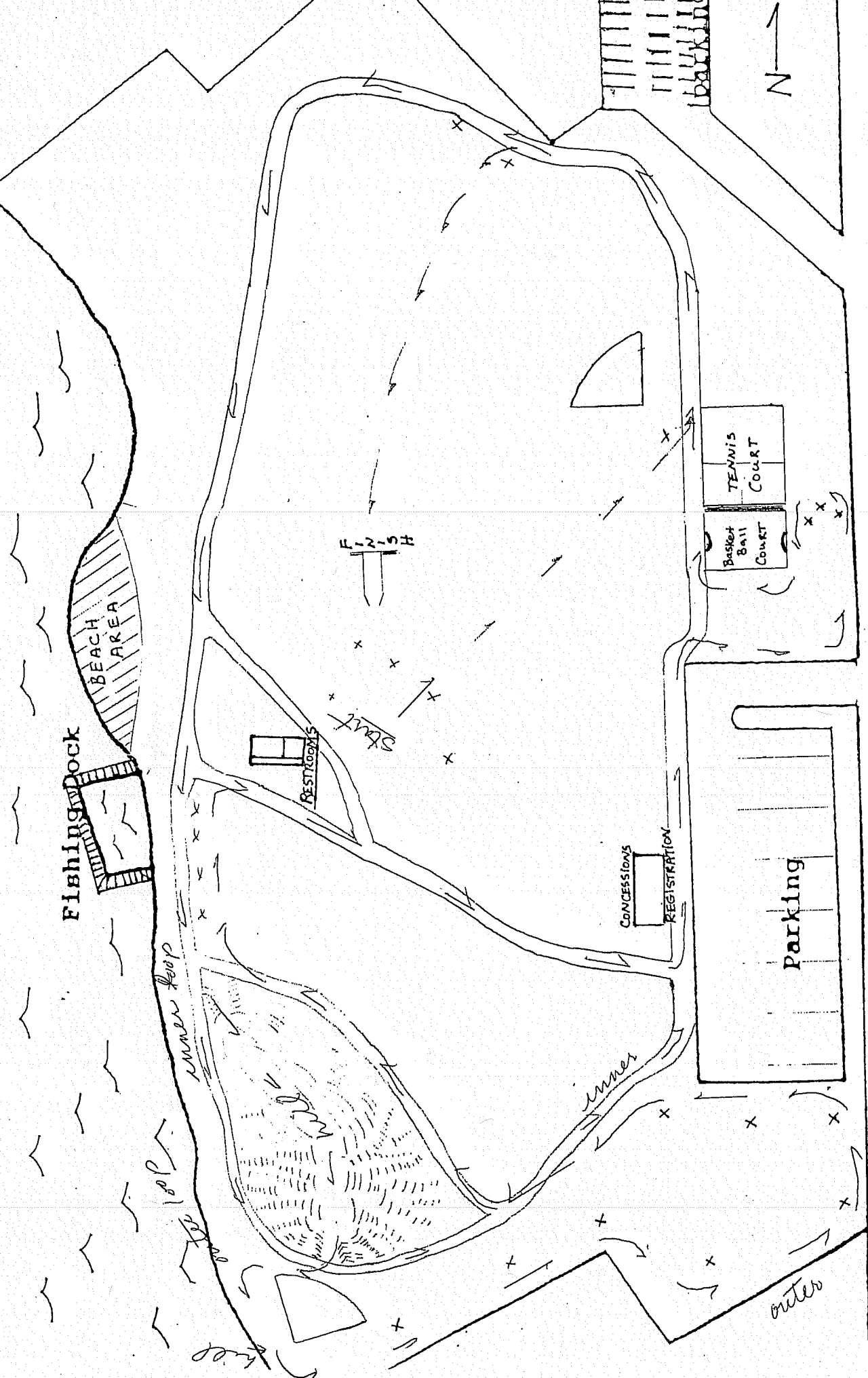


MILITARY ROAD

1600 meter



MILITARY ROAD
 3000 meter
 2 loops



MILITARY ROAD

4000 meter

1 inner loop, then 2 outer loops