



Autumn Classic Cross Country Meet



Sanctioned by USATF

Saturday, October 4th, 2014

Five Mile Lake Park, Federal Way/Auburn (South 366th Street & Military Road)

Directions: From I-5 take the 320th Street exit. Travel east on 320th approx. 1/2 mile.

Turn right onto Military Rd., follow Military Road for 3.1 miles.

Five Mile Lake Park is on the right-hand side.

Registration begins at 9:30 a.m. (Picnic Shelter #1).

Entry fee \$7.00 per runner (all age groups).

Course walk-through at 10:00am

Individual Awards: 1st Place Medals (ages 14 & under races only)

2nd - 8th Place ribbons for all races, participant ribbons upon request

Team Awards: Ribbons for 1st, 2nd & 3rd place teams (min. 3 per team to score)

in 7/8, 9/10, 11/12 and 13/14 races only.

Questions: Darryl Genest (253) 839-4964 or fwtrack@hotmail.com

Name _____ Age as of 12/31/14 _____ Gender _____

Address _____ City _____

Phone _____ Club _____

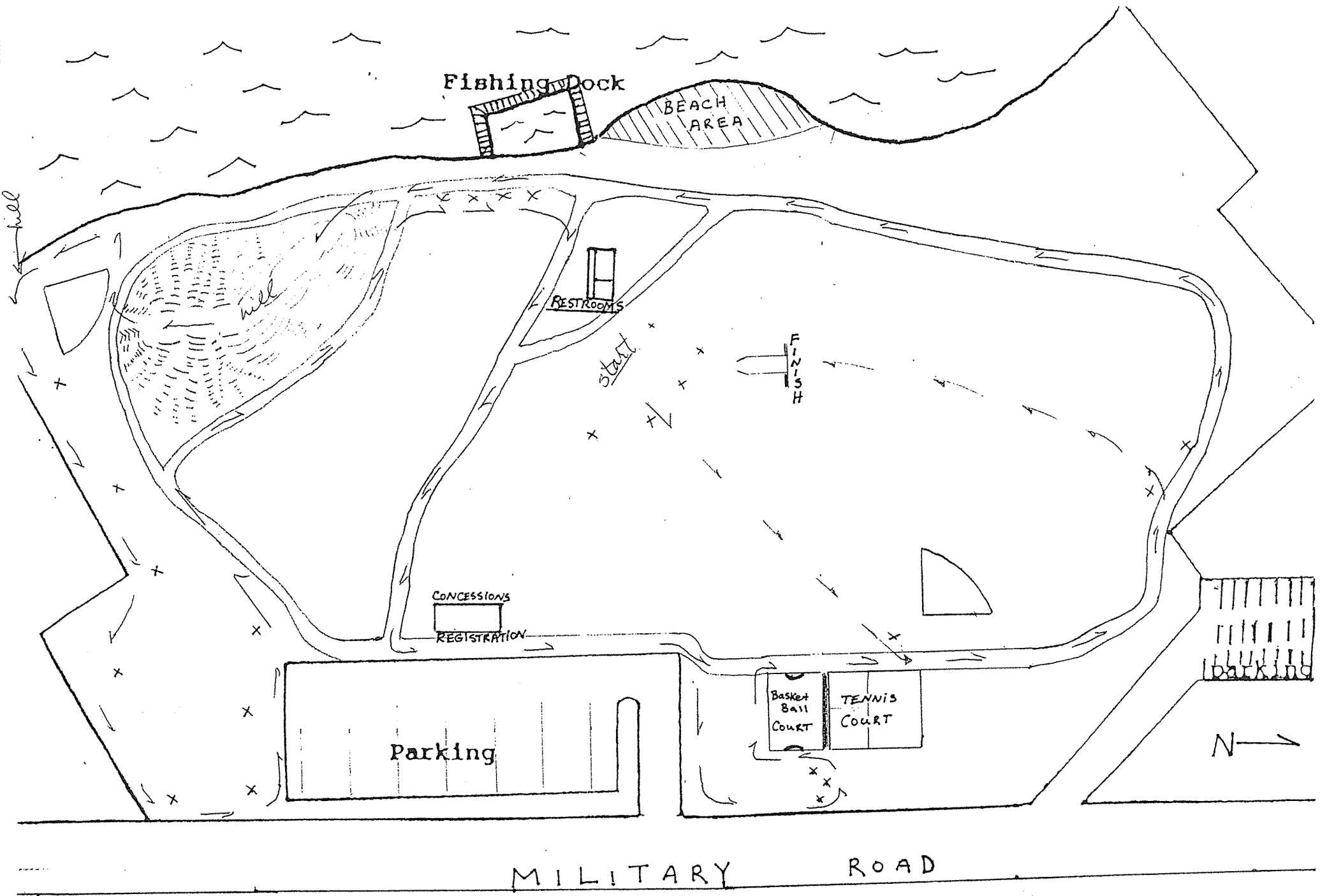
Please check one of the following - (age group as of 12/31/14):

- | | |
|--|---|
| <input type="checkbox"/> 10:30 6 & U Girls & Boys (800m) | <input type="checkbox"/> 12:30 11/12 Boys (3000m) |
| <input type="checkbox"/> 10:45 7/8 Girls & Boys (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:

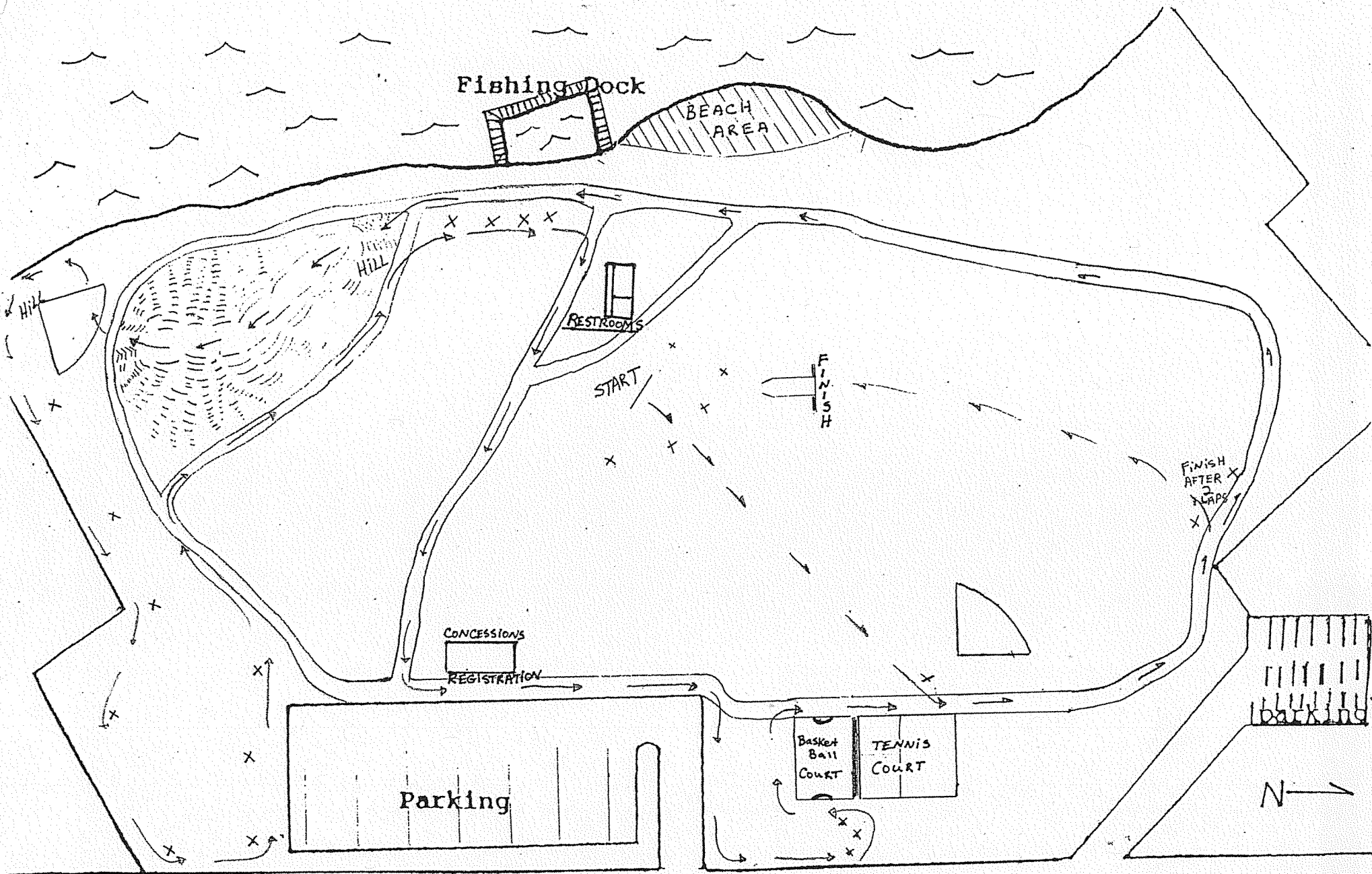
I release the Federal Way Track Club, their club members, board of directors, sponsors and King County Parks Department from any claim for injuries that may occur as a result of participation in this event. I attest that the participant is in proper physical condition to compete in the event and aware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

Participant signature or parent/guardian signature if under age 18



Ages 7-8

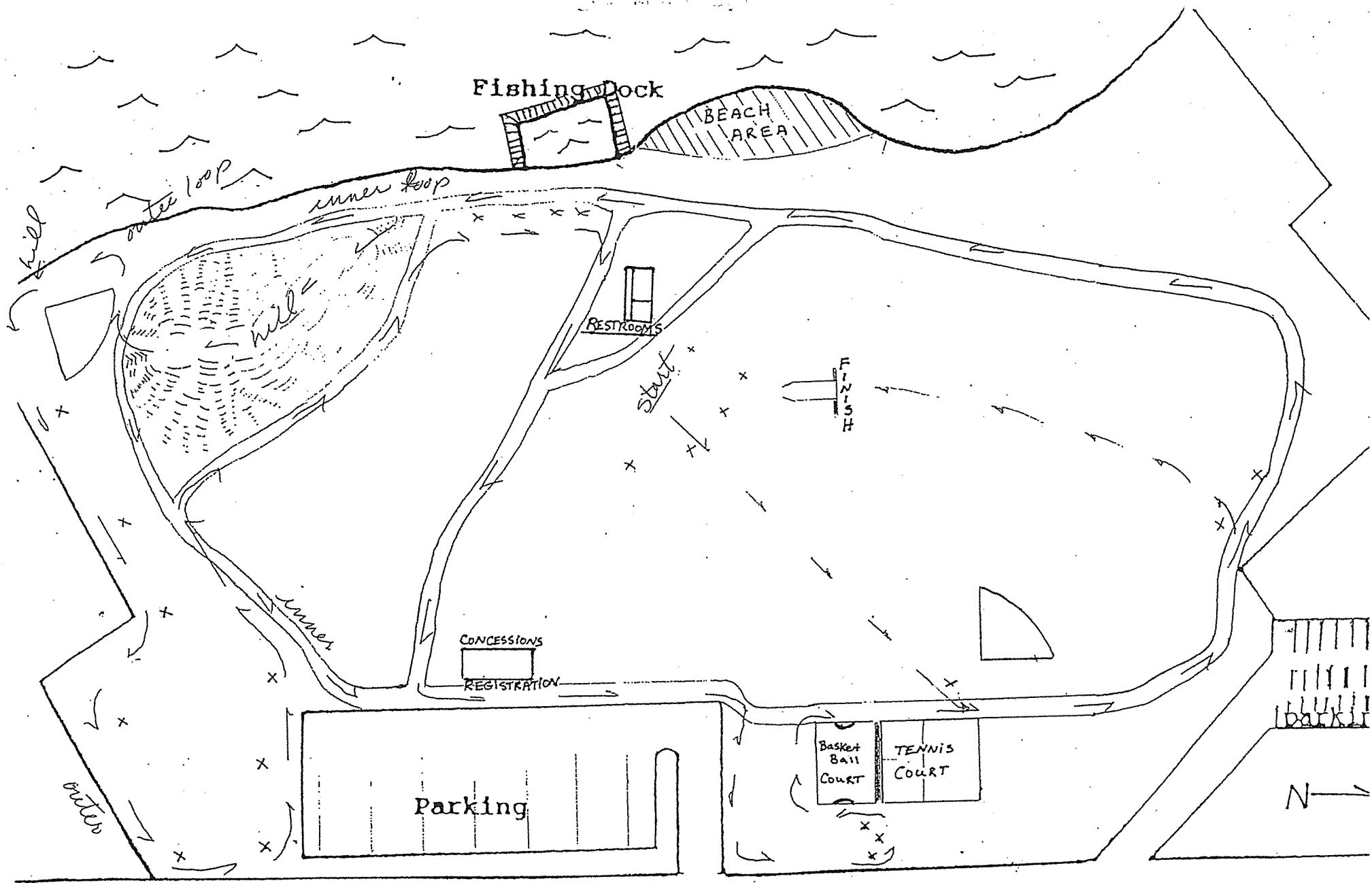
1600 meter
1 lap



ages 9-12

MILITARY ROAD

3000 meter
2 loops



Ages 13+

4000 meter
 1 inner loop, then 2 outer loops