



# City of Issaquah Parks and Recreation Department Sunday Cross Country Meet

Date: Sunday, Oct 17, 2010

**Where:**

Lake Sammamish State Park, Issaquah, WA. Take Exit #15 off Interstate 90 and follow signs. Parking available in Tibbett's Beach lot. The Sunset Beach parking lot will be closed. Handicap parking available in Sunset Beach lot, if needed.

**Registration:**

Registration begins at 11:30am at a picnic shelter on the Sunset Beach greenway and will remain open throughout the meet. Please register a minimum of 30min prior to the start of your race. Entry fee \$7.00 per runner (all age groups) payable to City of Issaquah. Course walk-through begins at NOON.

Age Divisions determined by USATF and classified by birth year:

- 6U mini Bantams = 2004 or younger
- 7/8 sub Bantams = 2002 and 2003
- 9/10 Bantams = 2000 and 2001
- 11/12 Midgets = 1998 and 1999
- 13/14 Youth = 1996 and 1997
- 15+ Open = 1995 - adults

**Awards:**

- Individual: 1st - 10th Place Ribbons. Participation ribbons for remaining participants
- Team: Ribbons for 1st, 2nd, & 3rd place teams (min. 3 per team to score) in 6U, 7/8, 9/10, 11/12 and 13/14 races.  
\* 6U team scoring may be a combination of boys and girls.

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Name \_\_\_\_\_ Age as of 12/31/09 \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Phone \_\_\_\_\_ Club \_\_\_\_\_

Please check one of the following: Race distances are approximate and may be +/- depending on race day conditions.

(Age group as of 12/31/10): (All races are boys and girls combined but placed separately)

- |                                 |                              |   |                        |
|---------------------------------|------------------------------|---|------------------------|
| <input type="checkbox"/> 1:00pm | 6U Mini bantams (700 meters) | <input type="checkbox"/> 2:30                               | 13/14 Youth (4000m)    |
| <input type="checkbox"/> 1:15pm | 7/8 Sub bantams (one mile)   | <input type="checkbox"/> 3:00                               | 15 years + M/W (4000m) |
| <input type="checkbox"/> 1:30pm | 9/10 Bantams (3000m)         | > Course is flat and fast, combined grass, beach, pavement. |                        |
| <input type="checkbox"/> 2:00pm | 11/12 Midgets (3000m)        | If it is raining, prepare for potential muddy conditions.   |                        |

**Please read and sign:**

**PARTICIPANT RELEASE OF LIABILITY** - I am fully aware of the special dangers and risks inherent in the activities and classes that I have signed up for through the City of Issaquah's Parks & Recreation programs for myself and/or my child(ren), including physical injury, loss, death, damage, or other consequences that may arise or result directly from the activity or class in which I and/or my child(ren) may participate. Being fully aware as to these inherent risks and in consideration of the privilege of participating in general use of the Community Center or other sites utilized by Parks & Recreation programs and classes I and/or my child(ren) may attend, I hereby assume all risk of liability for injury, loss, death, damage, or other consequences. I also forever discharge and waive any right of recovery from, or to bring suit against, the City of Issaquah and USA Track & Field, Inc. (USATF) and their responsive officers, officials, employees and volunteers, holding them harmless from any and all claims for any personal injury, loss, death, damage, or other consequences to myself and/or my child(ren) arising out of my and/or my child(ren)'s voluntary participation in an activity or class through the City of Issaquah's Parks & Recreation programs, except for injuries and damages caused by the sole negligence of the City of Issaquah. **PHOTO/VIDEO RELEASE** - I, the undersigned participant and/or parent or guardian of the minor participants, give my permission to have photos/video tapes taken, without recompense, during City of Issaquah activities and used for publicity purposes in printed or web format.

\_\_\_\_\_  
Participant signature or parent/guardian signature if under age 18 / DATE



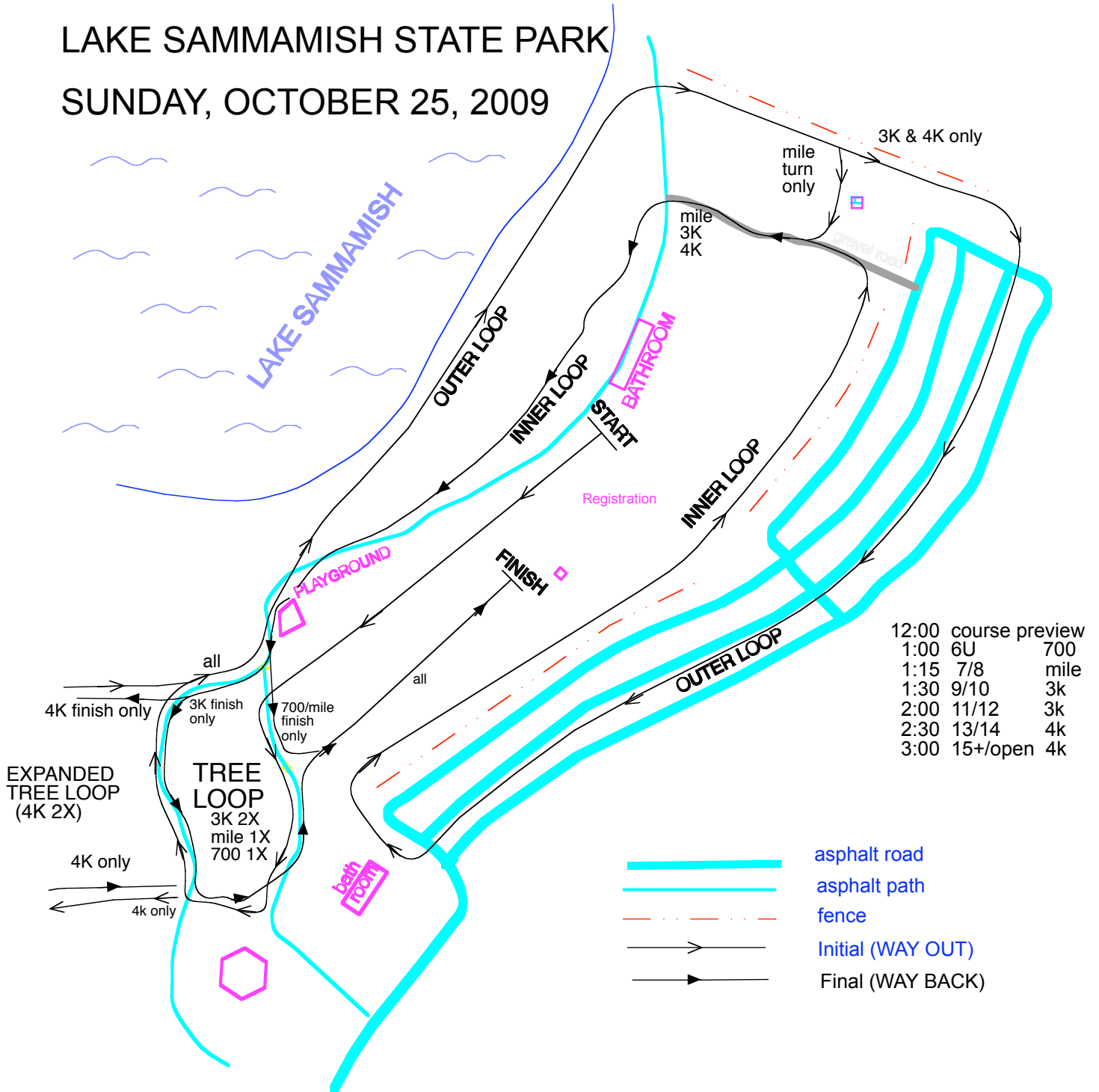
Cross-Country Meet at LSSP, 10/17/2010

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email: issgliders@comcast.net

# ISSAQUAH GLIDERS CROSS COUNTRY MEET

LAKE SAMMAMISH STATE PARK

SUNDAY, OCTOBER 25, 2009



12:00	course preview	
1:00	6U	700
1:15	7/8	mile
1:30	9/10	3k
2:00	11/12	3k
2:30	13/14	4k
3:00	15+/open	4k

- asphalt road
- asphalt path
- fence
- Initial (WAY OUT)
- Final (WAY BACK)

700	MILE	3K	4K
START TREE LOOP right turn FINISH	START TREE LOOP 1/2 OUTER LOOP 1/2 INNER LOOP FINISH	START TREE LOOP OUTER LOOP INNER LOOP REVERSE TREE LOOP FINISH	START EXPANDED TREE LOOP OUTER LOOP INNER LOOP REVERSE EXPANDED TREE LOOP FINISH