

# USATF Regional Cross Country Championships



Join USA Track & Field and Club Northwest for the Northwest Regional Cross Country Championship Meet.



Saturday November 19, 2011 • Lincoln Park, Seattle

9:30 Women & Master's Women 6k Championship 3 loops  
 10:30 Men's & Master's Men's 8k Championship 4 loops

Entry Fee's Payable to Club Northwest

|                                    | <u>Individuals</u> | <u>Teams*</u> |
|------------------------------------|--------------------|---------------|
| Prior to November 19 <sup>th</sup> | \$10               | \$50          |
| Late or Day-of-Race                | \$15               | \$75          |

*\*Teams are up to eight (8) runners. \$30 for Master's Women's 50+ & Men's 60+.*

For this event, PNTF will be offering \$800 in prize money for teams in championship races, along with medals.

Team Open Prize Money as follows:

| <u>1<sup>st</sup> Place:</u> | <u>2<sup>nd</sup> Place:</u> | <u>3<sup>rd</sup> Place:</u> | <u>4<sup>th</sup> Place:</u> |
|------------------------------|------------------------------|------------------------------|------------------------------|
| \$200                        | \$100                        | \$60                         | \$40                         |

Please register using the online instructions provided or the attached form. For assistance with registration, please call (206) 543-4851 during the day and (206) 324-8807 up to 9 P.M.

Hosted by **CLUB NORTHWEST** | Additional Info on this Event:  
[www.pntf.org](http://www.pntf.org) or [www.clubnorthwest.org](http://www.clubnorthwest.org)

# ENTRY FORM

For The 2011 Northwest Regional Cross Country Meet



## USATF REGIONAL CROSS COUNTRY CHAMPIONSHIPS



Saturday November 19, 2011 • Lincoln Park, Seattle

PLEASE PRINT • MEET REGISTRAR IS UNABLE TO ACCEPT INCOMPLETE FORMS

|                    |                 |                                  |                                    |                               |                                 |
|--------------------|-----------------|----------------------------------|------------------------------------|-------------------------------|---------------------------------|
| Last Name:         |                 | First Name:                      |                                    | <input type="checkbox"/> Male | <input type="checkbox"/> Female |
| Address:           |                 |                                  |                                    | Phone : (    )                |                                 |
| City:              | State:          | ZIP:                             | Email:                             |                               |                                 |
| Team:              | USATF Member #: |                                  | Birthdate:                         |                               |                                 |
| I am entering the: |                 | <input type="checkbox"/> Masters | <input type="checkbox"/> Open Race | <i>For Meet Use</i>           |                                 |

You will be entered in the age and gender division according to the information provided above unless you specifically are a masters runner wishing to enter the open race for team purposes and you check the appropriate box above. ENTRY NOT VALID WITHOUT CORRECT BIRTHDATE! Non-refundable entry fees made payable to Club Northwest. Fee must accompany entry form. Enter online at: [www.myeventregistration.biz/CNW](http://www.myeventregistration.biz/CNW) or mail entries along with entry fees to: CNW-Regionals: P.O. Box 55113 Shoreline, WA 98155

READ THIS! In consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, and administrators, assume all risk of injury, harm, or damage to myself or others arising from my participation in the USATF Cross Country Championships, and agree to indemnify and hold harmless any sponsor(s), their agent(s), and assign(s), Club Northwest, USA Track & Field, PNTF, Seattle Parks and Recreation, and any and all persons or entities associated with this event, against any liability, actions, claims, and damages of any kind whatsoever arising from my participation. I attest and verify that I am physically fit, and have sufficiently trained for completion of the event and have full knowledge to all the foregoing. I grant permission to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose. If I am under eighteen years of age, my parent/guardian must sign for me. I have read, understood, and accept the agreement above.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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