

Dedicated to the Memory of Pat Petersen



# USATF-Long Island

## OPEN & MASTERS ASSOCIATION 8K CROSS-COUNTRY CHAMPIONSHIP

&

2k Youth Cross-Country Challenge  
SUNDAY, OCTOBER 23, 2016 8:30 am



Wantagh Park Wantagh, NY

Sanctioned & Officiated by USATF-Long Island

The Course: This is an 8-kilometer European style Cross Country course run on a 2-kilometer circuit, including at least two hay bale barriers to jump, step on or step over per circuit.

Entry Fee: Pre-Registration \$ 10.00 for USATF Members \$12.00 for Non-members

Day of Race: \$12.00 for USATF Members \$15.00 for Non-Members  
All Youth entries \$10.00



Pre-registration must be received, no later than October 21, 2016.

Day of Race registration closes at 8:00 a.m.

Prize Purse for 8k Awarded to **USATF members**: top three overall Male & Female Open & Masters (40+) 1-150, 2-100, 3-50: each category.

Championship Medals awarded to the: Top three overall Male & Female Open & Masters and in the following individual age groups: Male & Female -19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 plus. Team Awards\* Top three teams - male and female, open, masters (40-49 & 50-59) seniors (60+). \* USATF registered teams - Open Men - 5 score; Open Women, Male & Female Masters - 4 score. All senior teams (60+) 3 score. Scoring will be by combined time of scoring members (This means you need to run hard from start to finish!). All team scorers must be registered members of the same team. Team registration sheets will be available on race day.

Make checks payable to: **LITF**

Mail application to: **USATF-LI X-C Championships 1988 Bergen Street Bellmore, NY 11710**

For further information call: **Alex Cuozzo - 516-652-3555**

Directions: Wantagh Parkway south to Merrick Road west. The park entrance is directly across Merrick Road, but there is no direct route. Therefore, use a traffic intersection to make a U turn and then continue on Merrick Road east to Woodland Ave. Make a right turn and use the Woodland Ave entrance, then proceed to the Administrative building opposite Start/Finish area.

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  MALE  FEMALE  8k  2k

USATF MEMBERSHIP NUMBER \_\_\_\_\_ TEAM AFFILIATION \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

TOWN \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

I, the undersigned, intending to be legally bound hereto, for myself, my heirs, executors and administrators, waive, release and hold harmless the Long Island Road Runner's Club INC, USATF-LONG ISLAND, Nassau County, Foundation Running Camps, Runner's Edge, & Alien Canopy, INC for any and all liabilities, claims, demands and causes of action whether or not arising in whole or in part out of the negligence of any of the above organizations or individuals. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event, and that a licensed Medical Doctor has verified my physical condition. Further, I hereby grant permission for USATF and its Long island Association to use photographs, videos, motion pictures, recordings and any other visual and/or audio record of this event for any purpose whatsoever.

SIGNATURE \_\_\_\_\_ Date: \_\_\_\_\_

If under 18, signature of parent or guardian \_\_\_\_\_

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