



Cross Country Grand Prix Series 2009...Series Finale Triple Points bonus

(Must have competed in two prior races for bonus & prize money)

Oregon Association XC Championships...6km (W) 8km (M)
Open to all runners

Sandy High School...Sandy, OR

November 14th

Noon.....Packet pickup & Registration starts

2:00pm...Men 8km

2:45pm...Women 6km

RACE ENTRY FORM

GRAND PRIX CONTESTANT? YES NO

(To compete as a Grand Prix Contestant you must have a current 2009 USATF membership card)

***A USATF membership card is not necessary for runners if you are not Competing in our Grand Prix Series

Pre-registration Fee \$15...received by Nov 12th 6pm

Late Fee and Day of Race fee...\$20

Make Checks payable to: USATF/Oregon

Visa/MC _____

Expiration Date _____

Signature _____

PLEASE SEND TO:

XC REGISTRAR
471 QUARRY ROAD
SPRINGFIELD, OR 97477

LAST NAME _____ FIRST NAME _____ GENDER _____ DOB _____ AGE _____

(day of race)

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE NUMBER _____ USA TRACK & FIELD MEMBERSHIP NUMBER*** _____

TEAM _____

WAIVER: I understand that running in races is a potentially hazardous activity. I should not participate in this activity unless I am properly trained and physically fit. I assume all risks associated with running in this race, including, without limitations, falls, contact with other participants, the effects of weather on the course, and the conditions of the course itself. Having read this waiver and knowing these facts and in consideration of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Meet Management and Officials, USATF Inc, USATF of Oregon, Oregon Trail School District, City of Sandy and all employees and agents and all sponsors and their respective directors, officers and successors from all claims and liabilities of any kind arising out of my participation in this event, though liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

SIGNATURE _____

DATE _____

Signature of parent or guardian required if under 18 years of age