



**2017 CROSS-COUNTRY MEET**  
**USATF Sanctioned Meet**

**DATE: Sunday October 8, 2017 RAIN OR SHINE**

**LOCATION: Moraine State Park, South Shore, Pleasant Valley Road. Pleasant Valley Beach Area**

**TIME: Registration: 8:00 AM – 9:00 AM;**

**Walk Course – 9:00 AM; First Race – 10:00 AM (Starting with 8-under)**

**ENTRY FEE: \$15.00 with a shirt. \$10.00 without a shirt**

**Online Registration: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=112136>**

**Entry fees will not be charged online. Payment will be collected at the meet.**

**Day of meet registration will be accepted but Liability Waiver must be electronically signed online for all competing athletes.**

**The course is grass and some gravel, small rolling hills.**

**SANCTION - Three Rivers Association, USATF**

**AWARDS: - Medals places-1 – 3; Ribbons, places 4 – 6**

**MEET DIRECTOR: Joella Baker (724)321-4265**

**DIRECTIONS: From Pgh. – North on I-79, Take the Portersville Exit. Make a right. Follow about 1 mile to Pleasant Valley Road. Make a left onto Pleasant Valley Road. Follow all the way to Pleasant Valley Beach area and the big parking lot on the right.**

**2009 & later Boys & Girls 2 Kilometers 1.2 Miles**

**2006/2007 Boys & Girls 3 Kilometers 1.86 Miles**

**2004/2005 Boys & Girls 3 Kilometers 1.86 Miles**

**2002/2003 Boys & Girls 4 Kilometers 2.4 Miles**

**2000/2001 Boys & Girls 5 Kilometers 3.1 Miles**

**1998/1999 Boys & Girls 5 Kilometers 3.1 Miles**

**Open/Adult Race 5 Kilometers, 3.1 Miles**

For purposes of team scoring, all divisions score separately up to the 13-14 age division. The remaining age groups will be a combined 15-18 division for purposes of team scoring only. Athletes in these age divisions will place individually in their own age group.

**REFRESHMENTS AVAILABLE, RESTROOMS ON PREMISES COME DRESSED TO RUN!**

**Detach and return Get Fit Families on race day or mail to: Get Fit Families, 202 High Acres Road, Harmony, PA 16037 – please print**

**Name \_\_\_\_\_ DOB \_\_\_\_\_ Gender (circle) Boy Girl**

**Address \_\_\_\_\_**

**City/State/Zip \_\_\_\_\_**

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

**In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all claims for damages I may have against the Get Fit Families, GFF Running Club, Moraine State Park, Three Rivers Association, USATF, its members, meet officials, meet committee and their agents, representatives, successors, and assigns for any and all injuries suffered by me or my child at this meet. I certify that myself or child is an amateur athlete. I further certify that my child or I have trained sufficiently to participate in this meet.**

**Signed \_\_\_\_\_ Signed \_\_\_\_\_**  
**Signature Athlete Signature Parent/Guardian(required) Date**

**Entry Fee Paid \_\_\_\_\_ BIB # \_\_\_\_\_**