



2022 CROSS-COUNTRY MEET

DATE: Sunday, October 30, 2022

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

RAIN OR SHINE First Parking Lot at entrance

TIME: Registration: 7:00 to 9:00 am.;

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

ENTRY FEE: \$12.00

Post race: lunch for all athletes following the race

Online Registration:

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

Day of meet registration will be accepted

SANCTION - Three Rivers Association, USATF

AWARDS: - Medals places-1 – 6

MEET DIRECTOR: Joella Baker (724)321-4265

DIRECTIONS: From Pgh. – North on I-79, Take the Portersville Exit. Make a right and follow about 1 mile to Pleasant Valley Road and make a left. Follow Pleasant Valley Road to the Pleasant Valley Beach Area.

AGE GROUPS AND DISTANCES (Determined solely by year of birth)

8 & Under Boys & Girls 2 Kilometers 1.2 Miles

9-10 Boys & Girls 3 Kilometers 1.86 Miles

11-12 Boys & Girls 3 Kilometers 1.86 Miles

13-14 Boys & Girls 4 Kilometers 2.4 Miles

15 and older 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, 213 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 # _____