



# West Seattle Road Runners

## Fall Rust Buster Cross Country Meet



<b>WHEN:</b>	Saturday, September, 28, 2019
<b>WHERE:</b>	Lincoln Park – north parking lot (8011 Fauntleroy Way SW, Seattle, WA 98136)
<b>QUESTIONS &amp; MORE INFO:</b>	Come knock off the rust with our season opening, short distance, cross country races! Email questions to: <a href="mailto:westseattleroadrunners@gmail.com">westseattleroadrunners@gmail.com</a> Race information at: <a href="http://www.westseattleroadrunners.com/wsrr-cross-country-meet">www.westseattleroadrunners.com/wsrr-cross-country-meet</a>
<b>REGISTRATION:</b>	\$8 entry fee per participant (2:00 p.m. parents/coaches race is <u>free</u> ) <ul style="list-style-type: none"> <li>9:00 a.m. Registration begins in field adjacent to north parking lot. Registration continues throughout the day.</li> <li>10:00 a.m. Course walk through, all ages/courses.</li> </ul> <p><i>Online registration and USATF-club batch registration available through Wednesday, Sept. 25 at: <a href="http://www.bit.ly/WSRR-RustBuster">www.bit.ly/WSRR-RustBuster</a> or register in person on race day using this form.</i></p>
<b>AWARDS:</b>	Award ceremonies will be held 45 minutes after the start of each race. <b>Individual:</b> Awards for 1 <sup>st</sup> - 8th place overall in each age group. <b>Team:</b> Awards for members of 1 <sup>st</sup> -3rd place teams in each age group. A scoring team consists of 5- 8 athletes. Non-displacement scoring. Higher-placing #5 runner breaks ties. Max 8 awards per age group team. If you have enough runners to field more than one team please identify them as A/B teams during registration. <b>Parent/coach race:</b> Coaches and team parents, scored same as age group teams; Coaches Cup to the winning team.
<b>CONCESSION STAND:</b>	Food and beverages available during meet.
<b>RESULTS:</b>	Meet results will be available at: <a href="http://www.westseattleroadrunners.com/wsrr-cross-country-meet">www.westseattleroadrunners.com/wsrr-cross-country-meet</a>

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ GIRL/BOY \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_  
PHONE \_\_\_\_\_ TEAM \_\_\_\_\_

Please check your race division below. **YOUR AGE GROUP IS YOUR AGE AS OF 12/31/19, NOT YOUR DAY OF RACE AGE.** Runners may only compete in their own age group. You may only enter one race.

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| _____ 10:30 6 and under G/B (800 meters) | _____ 12:10 11-12 Girls (1 mile)             |
| _____ 10:50 7-8 Girls (1 mile)           | _____ 12:30 11-12 Boys (1 mile)              |
| _____ 11:10 7-8 Boys (1 mile)            | _____ 12:50 13-14 and 15-18 Girls (3K)       |
| _____ 11:30 9-10 Girls (1 mile)          | _____ 1:20 13-14 and 15-18 Boys (3K)         |
| _____ 11:50 9-10 Boys (1 mile)           | _____ 2:00 Parent/coach race & Open (1 mile) |

**PLEASE READ AND SIGN:** I release WEST SEATTLE ROAD RUNNERS, its owners and representatives, any sponsor, the CITY of SEATTLE and SEATTLE PARKS & RECREATION, their employees and agents, and USA TRACK & FIELD from any claim for injuries or damages that may occur as a result of participation in this event. I attest that the participant is in proper physical condition to compete in the event and am aware of the risks of cross country competition.

\_\_\_\_\_  
Participant (Parent or Legal Guardian if under age 18)