



West Seattle RoadRunners

Rust Buster Cross Country Meet



WHEN:	Saturday, October 1, 2022
WHERE:	Lincoln Park – north parking lot (8011 Fautleroy Way SW, Seattle, WA 98136)
QUESTIONS & MORE INFO:	Come knock off the rust with our season opening, short distance, cross country races! Email questions to: westseattleroadrunners@gmail.com Race information at: www.westseattleroadrunners.com/wsrr-cross-country-meet
REGISTRATION:	\$10 entry fee per participant (2:00 p.m. parents/coaches race is free) <ul style="list-style-type: none"> • 9:00 a.m. Registration begins in field adjacent to north parking lot. Registration continues throughout the day. • 10:00 a.m. Course walk through, all ages/courses. <p><i>Online registration is available through Wednesday, Sept. 28 at: Athletic.net. Payment will be made directly to WSRR via check, cash, VenMo, Paypal, or Zelle.</i></p>
AWARDS:	Award will be available for pickup 45 minutes after the start of each race. Individual: Awards for 1 st - 8th place overall in each age group. Team: Awards for members of 1 st -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. Parent/coach race: Coaches and team parents, no cost to participate – open to any adult.
CONCESSIONS:	Food and beverages available during meet.
RESULTS:	Meet results will be available at: www.westseattleroadrunners.com/wsrr-cross-country-meet

NAME _____ DATE OF BIRTH _____ GIRL/BOY _____

ADDRESS _____ CITY _____

PHONE _____ TEAM _____

Please check your race division below. **YOUR AGE GROUP IS YOUR AGE AS OF 12/31/22, 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 Co-Ed Youth All-Ages Open (1 mile) |
| _____ 11:30 9-10 Girls (1 mile) | _____ 1:20 13-14 and 15-18 Girls (3K) |
| _____ 11:50 9-10 Boys (1 mile) | _____ 1:50 13-14 and 15-18 Boys (3K) |
| _____ 12:10 11-12 Girls (1 mile) | _____ 2:30 Parent/coach race & Open FREE (1 mile) |

PLEASE READ AND SIGN: I release WEST SEATTLE ROADRUNNERS, Youth Endurance Sports Alliance, its owners, board members, 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)