



FEDERAL WAY TRACK CLUB
**Autumn Classic
 Cross Country Meet**

Saturday, October 5, 2019

Five Mile Lark Park, Federal Way/Auburn (South 366th Street & Military Road)
*Directions: From I-5 take the 320th Street exit. Travel east on 320th approx. ½ mile.
 Turn right onto Military Rd., follow Military Road for 3.1 miles.
 Five Mile Lake Park is on the right-hand side.*

OVERFLOW PARKING is available one driveway north of the park's main entrance.

Registration begins at 9:00am and will remain open all day.

Entry fee \$8 per runner (all age groups). Cash preferred, or club check.

Course walk-through will be at 9:45am.

Individual awards: 1st place medals (ages 14 & under races only).
 2nd – 8th place ribbons for all races, participant ribbons upon request.

Team award: Ribbons for 1st, 2nd, 3rd place teams in 7/8, 9/10, 11/12, 13/14 races only.
 Maximum of 8 ribbons per team. Minimum of 5 per team to score.
 (Higher-placing #5 runner will break ties.)

Questions: Darryl and/or Holly Genest (253) 318-3982 or fwtrack@hotmail.com

Name _____ Age as of 12/31/19 ____ Gender _____

Address _____ City _____

Phone _____ Club _____

Please check one of the following (age group as of 12/31/19):

- | | |
|--|--|
| <input type="checkbox"/> 10:15 6 & U Girls & Boys (800m) | <input type="checkbox"/> 12:00 11/12 Girls (3000m) |
| <input type="checkbox"/> 10:30 7/8 Girls (1600m) | <input type="checkbox"/> 12:30 11/12 Boys (3000m) |
| <input type="checkbox"/> 10:45 7/8 Boys (1600m) | <input type="checkbox"/> 1:00 13/14 Girls (4000m) |
| <input type="checkbox"/> 11:00 9/10 Girls (3000m) | <input type="checkbox"/> 1:30 13/14 Boys (4000m) |
| <input type="checkbox"/> 11:30 9/10 Boys (3000m) | <input type="checkbox"/> 2:00 15-18/Open Men & Women (4000m) |

Please read and sign:

I release the Federal Way Track Club, their club members, board of directors, sponsors and King County Parks Department from any claim for injuries 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 is aware of the risks involved during cross country competition.

Participant signature or parent/guardian signature if under age 18