



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

**Saturday, October 8, 2022**

**Five Mile Lark Park**, Federal Way/Auburn (South 366<sup>th</sup> Street & Military Road)

*Directions: From I-5 take the 320<sup>th</sup> Street exit. Travel east on 320<sup>th</sup> 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** at Athletic.net. Deadline is 11:59pm on Wednesday, October 5<sup>th</sup>.  
(The assumption of risk waiver below will still need to be collected.)

Entry fee is \$10 per runner (all age groups).  
Please pay FWTC directly - cash, club check,  
PayPal or Zelle: fwtrack@hotmail.com  
VenMo: FederalWay-TrackClub

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

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

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

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

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Athlete's Name \_\_\_\_\_

Age as of 12/31/22 \_\_\_\_\_ Gender \_\_\_\_\_ Phone \_\_\_\_\_

Club \_\_\_\_\_

Please check one of the following (age group as of 12/31/22):

_____ 10:15 6 & U Girls & Boys (800m)	_____ 12:00 11/12 Girls (3000m)
_____ 10:30 7/8 Girls (1600m)	_____ 12:30 11/12 Boys (3000m)
_____ 10:45 7/8 Boys (1600m)	_____ 1:00 13/14 Girls (4000m)
_____ 11:00 9/10 Girls (3000m)	_____ 1:30 13/14 Boys (4000m)
_____ 11:30 9/10 Boys (3000m)	_____ 2:00 15-18/Open Men & Women (3000m)

**Please read and sign:**

I release the Federal Way Track Club, their club members, board of directors and sponsors; King County Parks Department; and USATF 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.

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Participant signature or parent/guardian signature if under age 18