

RAINIER BEACH GOOSE CHASE 2022

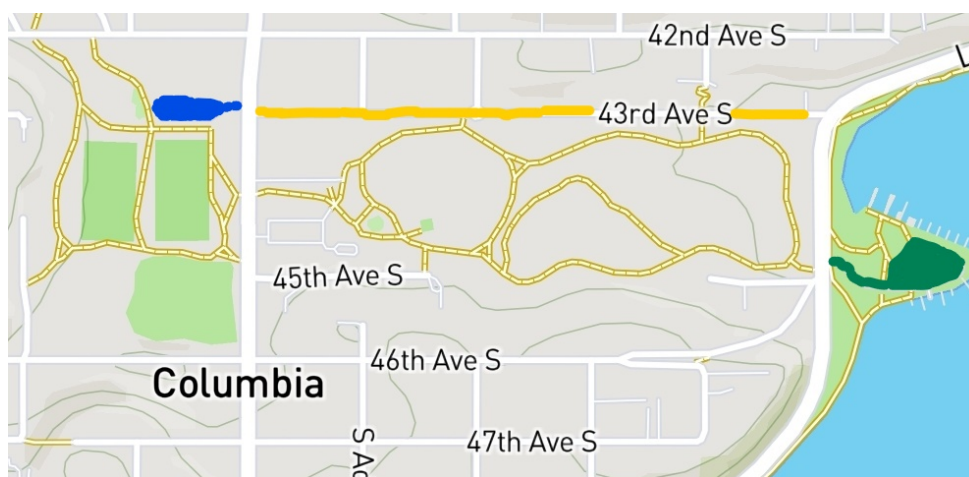
Sponsored by RAINIER BEACH CROSS COUNTRY and Sanctioned by USA TRACK & FIELD

When **Sunday, October 23, 2022**

Where **Genesee Park, 4316 S Genesee St., Seattle, WA 98118**

Parking Options:

There is some parking available in the Genesee Park lot, but more either at the Genesee Playfields (in blue) across the street, street parking along 43rd Ave S (in yellow) or at the Stan Sayres Boat Launch across Lake Washington Blvd (in green)



Registration \$10.00 entry fee for all age groups.
Registration through athletic.net - deadline Oct. 21 at 5 pm

Awards Individual: Ribbons for 1st - 8th place
Team: Ribbons for 1st-3rd place (minimum 5 athletes to qualify)

Questions Rainier Beach Cross Country Coaches - rainierbeachxc@googlegroups.com

Your age group is your age as of 12/31/2022.

Course walk through at 9:30 am

10:15 am	7 & 8 girls	2000 m	12:15 pm	11 & 12 girls	3000 m
10:45 am	7 & 8 boys	2000 m	12:45 pm	11 & 12 boys	4000 m
11:15 am	9 & 10 boys	3000 m	1:15 pm	13 - 18 girls	4000 m
11:45 am	9 & 10 boys	3000 m	1:45 pm	13 - 18 boys	4000 m

Waiver and Release

By participation in this event, attendee and guardian(s) release Rainier Beach Cross Country, Seattle Parks and Recreation, City of Seattle, Coaches, Volunteers, Sponsors, and the USATF, and their respective members, officers, representatives from any claim for injuries that may occur as a result of participation in this event. Attendee and guardian(s) attest that they are in proper physical condition to compete in the event and are aware of the risks of cross-country running competition.