

Pacific Northwest Association



Hillbuster

When: Saturday, November 2nd, 2019

Where: Wilburton Hill Park, Main Street & 124th NE, Bellevue, WA

Driving directions: from North or South on I-405, take the NE 8th St EAST exit. Travel east for ~ ½ mile to 124th Ave NE, turn right on 124th (south) for ~ ½ mile to park entrance on Main St.

Registration: \$1.00 entry fee. Day-of registration begins at 9:00am. Pre-registration encouraged.

Awards: No awards will be given at this meet.

Scoring: Timing and team scoring will be provided. Minimum of 5 per team to score. (Higher-placing # 5 runner will break ties.)

Questions: Meet Director: Holly Genest, PNA Youth Chair (253) 318-3982
Email: PNAMeet Director@hotmail.com

Name _____ **Gender: M / F** **Birth Date** _____

Phone _____ **Club/Team** _____

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

Course walk through at 10:00am

_____ 10:45 6 & U Girls & Boys (800m)	_____ 12:30 11/12 Girls (3000m)
_____ 11:00 7/8 Girls (2000m)	_____ 1:00 11/12 Boys (3000m)
_____ 11:15 7/8 Boys (2000m)	_____ 1:30 13/14 Girls (4000m)
_____ 11:30 9/10 Girls (3000m)	_____ 2:00 13/14 Boys (4000m)
_____ 12:00 9/10 Boys (3000m)	_____ 2:30 15-18, Open (5000m)

Waiver and Release

I release the Pacific Northwest Association, the PNA Youth Committee, Bellevue Parks and Community Services, and the USATF, and their respective members, officers, representative, and any sponsor or volunteer from any claim for injuries that may occur as a result of my participation in this event. I attest that I am in proper physical condition to compete in the event and am aware of the risks of cross country running competition.

Participant Signature (Parent/Guardian/Coach if under 18)