



2016 LAKE ERIE ASSOCIATION USA Track & Field *Cross Country Championships* Saturday, November 12, 2016

Location: Malone University, 2600 Cleveland Ave., Canton, Ohio 44709 (www.malone.edu).

Age Groups (Male & Female):

9:00 a.m.	Open	19 to 29	5,000 meters
9:30a.m.	Masters	30 to 75 in five year increments	5,000 meters

Rules: The competition will be conducted under the current USATF rules.

Sanction: This meet is sanctioned by Lake Erie Association of USA Track & Field, the only internationally recognized track & field governing body in the United States. The Lake Erie Association consists of the following counties: Erie, Huron, Richland, Lorain, Ashland, Geauga, Cuyahoga, Lake, Medina, Summit, Wayne, Holmes, Stark, Tuscarawas, Harrison, Jefferson, Carroll, Columbiana, Mahoning, Portage, Trumbull and Ashtabula.

Awards: Association medals will be presented to the top three places in each event of each of the divisions.

Course: Most of the course is a grass surface. Spikes may be useful on the hills or if the course is wet. The course will be closed at 8:45 a.m. No one will be allowed on the course for warm up after this time. Athletes may warm up in the adjoining field areas. No dressing facility is available.

Entry Fees: \$10 per athlete, there is no additional entry fee for teams. A team must consist of at least five, but no more than eight runners, and the team must be a registered USATF clubs. All athletes must have a current USATF membership card. Cards purchased after November 1, 2016 will be valid for the rest of this season as well as the 2017 season. Please bring a copy of your birth certificate or past year's membership card with a certification of birth stamp on it if you intend to purchase a card at the meet.

Registration will begin at 8:30 a.m. We encourage you to register early by mailing in your registration to the following:
Please send in your entries before Wednesday November 6, 2016 to:

JoAnn Kitchen
8403 Victoria Dr.
Broadview Heights OH 44147
Make checks payable to USATF Lake Erie

Name	Birth Date	Age
Address		Gender
City	State	Zip
USATF#	Telephone	
E-mail		
Club		
<p>Athlete's release: In consideration of the acceptance of this entry I hereby, for myself, my heirs, executors, administrators and assigns release and discharge the sponsors and operators of USATF LAKE ERIE Open/Masters 5K Championships and the agents and employees from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said event to be held on November 10, 2012. I specifically release and discharge said operators and sponsors from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and I agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event the same being my sole responsibility. I also give my permission for the free use of my name and picture in any broadcast, telecast or other written account of the event. I understand that I am voluntarily participating in the USATF LAKE ERIE Open/Masters 5K Championships at my own risk and at my own request.</p>		
Athlete's Signature		Date