



LAKE ERIE

2020 Lake Erie Association Cross Country Championships Saturday, November 14, 2020

Location: Columbiana High School
700 Columbiana-Waterford Rd, Columbiana, OH 44408

Time: 9:30 a.m. *Men and Women Open and Masters will race 5,000 Meters at the same time.*

Age Groups (M & F): Open (ages 19 to 29), Masters ages 30 + (in five-year increments)

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

Sanction: This meet is sanctioned by Lake Erie Association of USA Track & Field.

Awards: Association medals presented to the top three places in each age division.

Course: Mostly a grass surface. No dressing facility is available.

Entry Fee: \$10 per athlete, no additional entry fee for teams. A team must consist of at least five runners, but not more than eight runners, and the team must be a registered USATF club. All athletes must have a current USATF membership card. Membership must be purchased online at www.usatf.org. Membership purchased after November 1, 2020 will be valid for the rest of this season as well as the 2021 season.

Online Registration: Go to <https://lightningtiming.com/usatfxc> and fill out the online application, there is no need to mail in your entry form or a check if you pay online.

Race Day Registration and Check In: Begins at 8:30 a.m. We encourage you to register early by mailing in your registration before Tuesday November 5, 2020 to or by filling out the online application as noted above.

JoAnn Kitchen
8403 Victoria Dr.
Broadview Heights OH 44147

Make checks payable to: **USATF Lake Erie**

Questions: Call or text Phillip Pillin at (330)881-2058 or email pillin@zoominternet.net

Name: _____ Date of Birth: _____

Address: _____ Age: _____

City: _____ Gender: _____

USATF Membership #: _____ Phone: _____

Email: _____

Club: _____

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 14, 2020. 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.

Athlete Signature: _____ Date: _____