



**2017 LAKE ERIE ASSOCIATION  
USA Track & Field  
Cross Country Championships  
Saturday, November 11, 2017**

**Location:** Columbiana High School

700 Columbiana-Waterford Rd, Columbiana, OH 44408

**Age Groups (M & F):** 9:00 a.m. for Open ages 19 to 29 is 5,000 meters. 9:30 a.m. is Masters ages 30 to 95 in five year increments 5,000 meters. **Note:** Races may be run together.

**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:** Mostly a grass surface. Spikes may be useful on the hills or if the course is wet. 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 club. All athletes must have a current USATF membership card. Membership must be purchased online at [www.usatf.org](http://www.usatf.org). Membership purchased after November 1, 2017 will be valid for the rest of this season as well as the 2018 season.

**Race Day Registration and check in** will begin at 8:30 a.m. We encourage you to register early by mailing in your registration before Tuesday November 7, 2017 to:

JoAnn Kitchen

8403 Victoria Dr.

Broadview Heights OH 44147

Make checks payable to USATF Lake Erie

Name	Date of Birth
Address	Age
City	Gender
USATF#	Phone
E-mail	
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 11, 2017. 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's Signature

Date