



USA Track & Field
**Iowa Association Open/Masters Cross
Country Championships**

Sunday, November 6, 2016
West Des Moines, Iowa

LOCATION: Valley Southwoods Freshman High School, 625 S. 35th Street, West Des Moines, Iowa.

COURSE: Moderately hilly & open course. Start & finish along east entrance driveway

ENTRY FEE: \$10.00 per participant

REGISTRATION: begins at 11:00 a.m. for those **not** pre-registered

GUIDED COURSE WALK-THROUGH: at 12:00p.m.

COMPETITION SCHEDULE:

Open Division (ages 19 to 29 years)

Masters Division (ages 30 and older with 5 year age groups, 30-34, 35-39 and so on)

3:30p.m. combined 5 kilometer race for all competitors

Results will be sorted by age group and gender following the race.

This race will follow the Iowa Association Junior Olympic State Cross Country Championships. The last youth race is scheduled to start at 3:00p.m. **If the number of Open/Masters entrants is low, we will combine the Open/Masters runners with the youth 5 kilometer race at 3:00p.m. Please be on-site early in case this occurs.**

AGE DIVISION RULES: Age determined as of November 6, 2016.

AWARDS: Medals for the top ten individuals in each age/gender division.

MEET DIRECTOR: Jim Walczyk, (515) 771-4246 / jim.walczyk@gmail.com

RETURN ENTRY TO: 4400 EP True Parkway Unit 52, West Des Moines, Iowa 50265

CHECKS PAYABLE TO: USATF - Iowa



2016 USATF IOWA OPEN/MASTERS CROSS COUNTRY ENTRY FORM

NAME _____ **BIRTH DATE** _____ **AGE AS OF 11/6/16** _____

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____

PHONE() _____ **TEAM NAME** _____ **CIRCLE: M or F**

WAIVER: In consideration of acceptance of this entry, I intend to be legally bound for myself, my heirs, executors, administrators to waive and release any and all rights and claims for damages I may have or that may hereafter occur to me against the USATF-Iowa Association, the City of West Des Moines, Iowa, and the West Des Moines Community School District in connection with the USA Track and Field Cross Country Meet held at Valley Southwoods Freshman High School.

Athlete Signature _____

Date _____