



Summer 2004 Cross Country Races



Dates: Sat.s; (1) June 19, (2) July 17th, July 31th, & (3) Aug. 14th, 2004.

Times: First three meets at 8:30 AM and the **Aug. 14th race at 5 PM.**

EVENTS: Junior High-Middle Schoolers - 2 miles, HS Girls - 4K, HS Boys - 5K.

FOR INFORMATION: Contact Caesar @ 800-529 - 7684 or 277-4785 in Des Moines area.

LOCATION: 1 @ Saydel High School, 5601 NE 7th St, Just North of Des Moines.

2 @ Valley_Southwoods_High School, West Des Moines.

3 @ University of Iowa Cross Country Course, Iowa City, IA

4 @ I.S.U. NCAA XC Course in Ames Iowa

COURSE: All events take place totally on grass surfaces..

T- Shirts are optional. If you want one please indicate on the order form. Long sleeve are \$15 and Short sleeve are \$10. **Team Competition** - Teams consist of 3-5 runners, with 3 being scored.

asics **Tiger/FitnessSports Summer 2004 Cross Country Race Series.**

#1 ☐ Saydel HS #2 ☐ Valley Westwoods W.D.M. #3 ☐ Univ of Iowa #4 ☐ I.S.U. (Ames) All

Name (last name / first name)

Grade in
Fall of 2004

Sex
M/F

Mailing Address

Day Telephone

City

State

Zip Code

Team Name (if applicable)

Shirt Size

Long Sleeve

Short Sleeve

PLEASE NOTE:

One person per entry?
All boxes completed?
Release signed?
Mail before deadline?
Correct amount paid?

Be accurate with team name. Mark size and sleeve length if you want shirt

**ENTRY FEE
(sign up early, save money!)**

☐

\$5 before race day
(Must be postmarked one week before race date).

☐

\$10 on race day!

☐

\$10 for short sleeve shirt

☐

\$15 for long sleeve shirt

Total Paid

Don't mail after one week before race date.

No refunds

In consideration of acceptance of this entry, I intending to be legally bound hereby, for myself and administrators, waive and release any and all right and claim for damages I may have or that may hereafter accrue to me against all sponsors, contributors, supporters and officials associated with race and event, their representatives, successors and assigns for any injuries incurred by me during, because of, or in travel to or from race or event.

Date: _____

Signature of Parent or Guardian

Make checks payable & mail to:

"Summer Cross Country Series"

7230 University Ave. Des Moines, IA. 50311