2009 Open & Masters
Cross Country Championships

Saturday • November 14th, 2009
Valleywood Golf Course

4851 125th Street West • Apple Valley, Minnesota 55124

Meet Schedule: Championship is hosted in conjunction with the USATF Minnesota Junior Olympic races which will follow the Open and Masters races. First Junior Olympic race is at 11:00 a.m. with boys and girls in each age group running together.

Time Schedule:

9:00 a.m.	Open & Masters Men (10,000 meters)
10:00 a.m.	Open & Masters Women (5,000 meters)

Entry fee: $8.00 if received by November 11.
Make checks payable to USATF Minnesota
(late registration on the day of the meet is $15).

USATF Membership: All participants must be members of USATF. If not a member you may join at the meet. Cost of membership is $30. Note that memberships submitted in November, 2009 are good through December 31, 2010.

Registration: Print out, fill in and mail the registration form with the fee no later than November 10 to:
USATF Minnesota
c/o Joe Papin
2027 Thure Ave
St. Paul, MN 55116

Team Competition: Final race in the USATF Minnesota Cross Country Circuit. Teams composed of USATF registered members of USATF registered clubs will score for the circuit. The Championship event will count as double points.

Results: Posted at www.usatfmn.org

****** No dogs allowed on the golf course ******

USATF Minnesota Open/Masters Cross Country Championships • Registration Form • Saturday, November 14, 2009

Last name _____ First name _____ Age on Nov. 14 _____ Sex M/F _____

Birth date _____ (Mo Day Year) Area code _____ Telephone _____

Street address (include apartment number and/or c/o) _____

City _____ State _____ Zip/postal code _____

email address _____ @ _____

2009 USATF number (join online at www.usatf.org _____

USATF-registered team name _____

PRINT OUT THIS ENTRY FORM AND MAIL IT WITH $8 BY NOV. 10 TO:

USATF Minnesota
c/o Joe Papin
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St. Paul, MN 55116

Make check payable to USATF Minnesota.

WAIVER. In consideration of the acceptance of my entry, I hereby release all sponsors of this race, their representatives and assigns from any and all liability arising from illness or injuries I may suffer as a result of my participation in this race for which I am physically fit and trained.

Signature (by parent or guardian if participant is under 18) _____