

23rd Annual Rockford Wildcat's Youth Cross Country Meet

Saturday October 26, 2019 - Dahlquist Park - Rockford, Illinois

Sponsor: Rockford Road Runners - Youth Cross Country Team – Rockford Wildcats

Open Adult Event (9a.m): - Part of Rockford Road Runner Circuit Race - Distance 3k cross country
This race is for ages 15 and older and will be held at 9:00a.m. - Entry fee for the adult race only is a \$5.00 donation
The proceeds from the adult open 3k benefit the Rockford Road Runners youth running club.



Time: Course walks 9:30 a.m. - Youth Races begin at 10:30a.m. Youth Events:

10:30 -Primary Girls - 2011 & younger -1500 meters	10:45- Primary Boys - 2011 & younger - 1500 meters
11:00 -Bantam Girls - 2009 & 2010 - 3000 meters	11:25 - Bantam Boys - 2009 & 2010 - 3000 meters
11:50 - Midget Girls - 2007 & 2008 - 3000 meters	12:15 - Midget Boys - 2007 & 2008 - 3000 meters
12:40 – Youth Girls - 2005 & 2006 - 4000 meters	1:05 - Youth Boys - 2005 & 2006 - 4000 meters

Youth Races Entry - \$7.00 per person (Club coaches may deduct \$1.00 each entry)

Youth Race Awards

Individuals: 1-12th place Trophies, Medals to all other finishers. Team: 1st, 2nd, 3rd place team overall - Trophies

Team scoring: All teams first 5 runners' score. Unlimited entries

Course: Course has short pavement crossings and a wooden bridge. Facilities: Port-a-lets no dressing facilities. Concessions Make your checks out to: Rockford Wildcats Mail to: Rockford Wildcats 5476 Gingeridge Rockford, IL 61114

For more information call - 815-540-9183 Email: minakebe@comcast.net or visit web site <http://www.rockfordwildcats.org>

Name _____ Sex circle: F or M Birth date ____/____/____

Address: _____ City: _____ State _____ Zip Code _____

Race Entered: circle one Primary – Bantam – Midget – Youth – Adult Open -

Youth Race fee \$7.00 (Club coaches deduct \$1.00 each entry)

Waiver and Release: I know that running a trail or road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trails and road, all such risks being known and appreciated by me. I understand personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rockford Road Runners and the Road Runners Club of America, Rockford Park District, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Print Participants Name: _____

Signature _____ Date: _____

(Note participants under the age of 18 must be signed by parent or guardian).

DIRECTIONS: From I-90 exit State Street (Business US 20) . Going west. Continue on State Street for 4.3 miles. Turn left at 29th Street this is just past a high rise (Valley View Apts. 3303 State Street) the park will be one block directly ahead of you.

From I-39 exit US20 bypass west, from US20 bypass (one mile) exit Alpine Road go north on Alpine Road (4.3 miles) to State Street. Turn left at State Street going west on State Street for (.8 tenths) of a mile. Turn left at 29th Street this is just past a high rise (Valley View Apts. 3303 State Street), the park will be one block directly ahead of you.

From US20 west, take Business 20 to Rockford, stay on Business 20 going east (8.6 miles). Turn right on 29th Street just past Temple Baptist Church and just before Valley View Apt high rise, the park will be one block directly ahead of you.