2011 Open & Masters
Cross Country Championships

Saturday • November 12th, 2011

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.

Time Schedule:

9:15 a.m.	Open & Masters Men (7,500 meters)
10:00 a.m.	Open & Masters Women (5,000 meters)

Entry fee: $10.00 if received by November 10.
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, 2011 are good through December 31, 2012.

Online Registration: Register online at www.usatfmn.org

Mail-In Registration: Print out, fill in and mail the registration form below with the fee no later than November 8th to:
USATF Minnesota
960 Douglas Road
Mendota Heights, MN 55118

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.

Travel Stipend for Winning Open Teams: Winning men's and women's open teams will each receive a $500 stipend for travel to the 2011 USATF National Club Cross Country Championships in Seattle, Washington. **Prize Money:** First place men's & women's open teams receive $200 and first place men's & women's masters teams receive $100 at the Championships.

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

USATF Minnesota Open/Masters Cross Country Championships • Registration Form • Saturday, November 12, 2011

Last name _____ First name _____ Age on Nov. 12 _____ 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 _____ @ _____

2011 USATF number (join online at www.usatf.org) _____

USATF-registered team name _____

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

USATF Minnesota
960 Douglas Road
Mendota Heights, MN
55118

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) _____