2011 San Diego City College 10km

Saturday September 17, 2011
8:00 AM - Rohr Park
10,000 meters
4548 Sweetwater Road, Chula Vista, CA 91910

REGISTRATION:

1. Mail entry forms and fees postmarked by 9/13/11 to: San Diego City College Athletics
   Cross Country/Kylie Edwards
   1313 Park Boulevard
   San Diego, CA 92101

Checks payable to SDCC Foundation Women's Cross Country

2. Day of race registration: Opens 6:45 AM, Closes 7:45 AM

3. Register at www.active.com by 9/13/11 (processing fee applies)

ENTRY FEE:
$10 pre-entry by 9/13/11, $20 on race day

DIVISIONS:
Open male and female
Masters male and female

PRIZES:
-Top 3 male and female in both Open and Masters divisions
-Numerous spot prizes

COURSE:
http://www.sdtc.com/Documents/citycollege10k-2011.gif

CONTACT: Kylie Edwards (619) 388-3700, kedwards@sdccd.edu

Part of the Dirt Dog Cross Country series
For more info: http://sdtc.com/dirt-dog-xc/

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NAME: _____
First Last

ADDRESS:_____
Street City State Zip

AGE: _____ **SEX:** _____ **TEAM:** _____

Waiver must be signed before entry is accepted.
I, the undersigned, understand that there are risks associated with strenuous physical exertion and with this event, including but not limited to those caused by terrain, weather, condition of the athlete, vehicles, other participants and failure to adequately hydrate. In consideration of the right to participate in the above event, I hereby assume all risks associated with this event and I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage or actions of any kind which may hereafter accrue to me or any other person as a result of my participation in this event. This waiver and release shall be binding on my heirs and assigns and shall run in favor of San Diego City College, San Diego Community College District, San Diego City College Athletics, USAT&F, RRCA, City of Chula Vista, and all promoters, sponsors, officials and individuals or entities in any way connected with this event even though their liability may arise out of negligence and carelessness on their part. I will additionally permit the use of my name and pictures in news media, publications, and websites. Athletes who compete in this competition will be subject to formal drug testing in accordance with USAT&F rules and IAAF Rule 14. Athletes found positive for banned substances will be disqualified from this event and will lose eligibility for future competitions. Some prescriptions and over-the-counter medications have banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at (800) 223-0393.

_____ Date_____

Participant's Signature (Parent sign if under 18 yrs)