



FEDERAL WAY TRACK CLUB
**Autumn Classic
Cross Country Meet**

Saturday, October 8, 2022

Five Mile Lark Park, Federal Way/Auburn (South 366th Street & Military Road)

Directions: From I-5 take the 320th Street exit. Travel east on 320th approx. ½ mile.

Turn right onto Military Rd., follow Military Road for 3.1 miles.

Five Mile Lake Park is on the right-hand side.

OVERFLOW PARKING is available one driveway north of the park's main entrance.

Registration at Athletic.net. Deadline is 11:59pm on Wednesday, October 5th.

(The assumption of risk waiver below will still need to be collected.)

Entry fee is \$10 per runner (all age groups).

Please pay FWTC directly - cash, club check,

PayPal or Zelle: fwtrack@hotmail.com

VenMo: FederalWay-TrackClub

Course walk-through will be at 9:45am.

Individual awards: 1st place medals (ages 14 & under races only).
2nd – 8th place ribbons for all races, participant ribbons upon request.

Team award: Ribbons for 1st, 2nd, 3rd place teams in 7/8, 9/10, 11/12, 13/14 races only.
A maximum of 8 ribbons per team. Minimum of 3 per team to score.
(Higher-placing #3 runner will break ties.)

Questions: Darryl and/or Holly Genest (253) 318-3982 or fwtrack@hotmail.com

Athlete's Name _____

Age as of 12/31/22 _____ Gender _____ Phone _____

Club _____

Please check one of the following (age group as of 12/31/22):

_____ 10:15 6 & U Girls & Boys (800m)

_____ 12:00 11/12 Girls (3000m)

_____ 10:30 7/8 Girls (1600m)

_____ 12:30 11/12 Boys (3000m)

_____ 10:45 7/8 Boys (1600m)

_____ 1:00 13/14 Girls (4000m)

_____ 11:00 9/10 Girls (3000m)

_____ 1:30 13/14 Boys (4000m)

_____ 11:30 9/10 Boys (3000m)

_____ 2:00 15-18/Open Men & Women (3000m)

Please read and sign:

I release the Federal Way Track Club, their club members, board of directors and sponsors; King County Parks Department; and USATF from any claim for injuries that may occur as a result of participation in this event. I attest that the participant is in proper physical condition to compete in the event and is aware of the risks involved during cross country competition.

Participant signature or parent/guardian signature if under age 18