



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



Saturday, October 2, 2021

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.

COVID PROTOCOL For the safety of everyone, particularly the kids too young to be vaccinated, we ask that masks be worn (masks not required while athletes warm up, race and cool down).

Registration begins at 9:00am and will remain open all day.

Entry fee \$10 per runner (all age groups). Cash preferred, or club check.

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

Name _____ Age as of 12/31/21 _____ Gender _____

Address _____ City _____

Phone _____ Club _____

Please check one of the following (age group as of 12/31/21):

- | | |
|--|--|
| <input type="checkbox"/> 10:15 6 & U Girls & Boys (800m) | <input type="checkbox"/> 12:00 11/12 Girls (3000m) |
| <input type="checkbox"/> 10:30 7/8 Girls (1600m) | <input type="checkbox"/> 12:30 11/12 Boys (3000m) |
| <input type="checkbox"/> 10:45 7/8 Boys (1600m) | <input type="checkbox"/> 1:00 13/14 Girls (4000m) |
| <input type="checkbox"/> 11:00 9/10 Girls (3000m) | <input type="checkbox"/> 1:30 13/14 Boys (4000m) |
| <input type="checkbox"/> 11:30 9/10 Boys (3000m) | <input type="checkbox"/> 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