

CROSS COUNTRY RACES-2011

PLACE: Rocky Ridge (Wick Recreation Area)

DATES: Thursday, Sept. 1 (7th & 8th)
Thursday, Sept. 8 (7th & 8th)
Thursday, Sept. 15 (7th & 8th) Thursday, Sept. 15 (6th & under)
Thursday, Sept. 22 (7th & 8th) Thursday, Sept. 22 (6th & under)
Thursday, Sept. 29 (7th & 8th) Thursday, Sept. 29 (6th & under)
Thursday, Oct. 6 (7th & 8th) Thursday, Oct. 6 (6th & under)

TIMES: 7th & 8th 6th & Under
Boys' Race - 5:30 Boys' Race - 6:00
Girls' Race - 5:45 Girls' Race - 6:15

START TRAINING GRADUALLY AND START TRAINING NOW! If you have any questions, contact George Stroia at 330-743-4119.

These races are open to any student of Mahoning and Trumbull County Private Schools. The 7th and 8th grade race is 2500 meters long. The 6th and under race is 1000 meters long. If you would like to compete in any of these races, please bring the completed bottom portion of this sheet with you the day of the first meet that you run. Please meet near the Pavilion by the playground by 5:15 PM if you are in the 7th or 8th grade and by 5:45 if you are in grade 6 or under. We might combine the races due to the number of participants.

PERMISSION AND WAIVER FORM

NAME _____ GRADE _____ SCHOOL _____

ADDRESS _____

CITY, STATE ZIP _____

PHONE NUMBER _____ (CIRCLE) BOY GIRL

I know that running races is a potentially hazardous activity. I hereby give my consent and approval for the above mentioned student to participate in this racing program. I assume all risks associated in running these events including, but not limited to falls, contact with other participants, the effects of weather, traffic and the conditions of roads or trails. I certify that he/she is physically fit and able to participate in this race program. I will not hold Ursuline, or Cardinal Mooney High Schools, the Diocese of Youngstown, Mill Creek Metroparks, George Stroia, John Zajac or any of their associates responsibly in the case of any illness or injury.

Additional Medical Conditions _____

Parent/Guardian _____ Date _____

SIGN BELOW FOR ENTRY IN PRIZE DRAWINGS (6TH & UNDER ONLY)

RUNNER'S NAME (Print Clearly) _____