



## 2017 Cross Country Elementary Championship Super Meet

- DATE:** Saturday, October 21<sup>st</sup>, 2017
- PLACE:** Morningside Park, 390 Morningside Ave, Toronto, M1C 1B9
- COURSE WALK:** 9:15am
- FIRST EVENT:** Grade 1-2 Boys & Girls 10:00 am
- FACILITIES:** Course is mostly grass and in a park setting. Washrooms are available on site.
- ENTRY FEE:** \$20.00 per athlete. Registration is online using [www.trackie.reg](http://www.trackie.reg).
- DEADLINE:** All entries must be received by 11:59am on Thursday, October 19<sup>th</sup>, 2017. All Late entries will be \$30. Entries the day of the race will be accepted only up to ½ hour prior to the start of the meet.
- WAIVER:** Waiver forms must be filled-out and submitted by each athlete/parent/guardian, or a blanket waiver by power of attorney (list all athletes). Athletes will be asked to sign waiver forms in order to compete.
- INQUIRIES:** Randy Brookes @ 647- 297-2639 [info@runnigforyourlife.ca](mailto:info@runnigforyourlife.ca)  
Cathy Barry @ 905-809-2885 [cathy@runnig4yourlife.ca](mailto:cathy@runnig4yourlife.ca).
- AWARDS:** Ribbons will be given to top 8 finishers in each grade/age.



## Schedule and Age Categories:

<b>Race Time:</b>	<b>Age Group:</b>	<b>Distance:</b>
10:00am	Grade 1-2 Boys & Girls (Age 6-7)	800m
10:15am	Grade 3 Girls / Age 8	1500m
10:30am	Grade 3 Boys / Age 8	1500m
10:40am	Grade 4 Girls / Age 9	1500m
10:50am	Grade 4 Boys / Age 9	1500m
11:00am	Grade 5 Girls / Age 10	2000m
11:15am	Grade 5 Boys / Age 10	2000m
11:30am	Grade 6 Girls / Age 11	2000m
11:45am	Grade 6 Boys / Age 11	2000m
12:00pm	Grade 7 Girls / Age 12	3000m
12:15pm	Grade 7 Boys / Age 12	3000m
12:30pm	Grade 8 Girls / Age 13	3000m
12:45pm	Grade 8 Boys / Age 13	3000m

**\*\*Awards for each grade/age division will be done shortly after their races have been completed and results are posted.**



## Running For Your Life / The Gazelles Cross Country Club

THIS WAIVER FORM MUST BE SUBMITTED BY EACH ATHLETE ENTERED BY PARENT

In consideration of the acceptance of my application and permission to participate as an entrant of competitor in the **ELEMENTARY SCHOOLS CROSS COUNTRY SUPER MEET** scheduled for SATURDAY OCTOBER 21, 2017.

I, for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE:

Running For Your Life Inc., The Gazelles Cross Country Club and the City of Toronto.

And all other association, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, representatives, and assigns OF AND FROM ALL claims, demands, damage costs, expense actions, and causes of action, whether in law or equity, in respect to death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor, or otherwise;; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that the same may be the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREE to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

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Print Name                      Date    Signature of Athlete/Participant

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Print Name                      Date    Signature of Parent / Guardian (If under 18 years)