



LAKE ERIE ASSOCIATION
Open & Master
Cross Country Championships
Saturday, November 10, 2007
9:00 A.M.

Host Club - Lake Erie Comets

Sanctioned - USATF/Lake Erie Association

Age Divisions and Race Distances:

Open Men	19 to 29	30 to 34	Age as of Race Day
Open Women	35 to 39	40 to 44	
	45 to 49	50 to 54	
	55 to 59	60 to 64	
	65 to 69	70 & Over	All Races 5,000 Meters

Times: Registration begins at 8:00 A.M. First Race at 9:00 A.M. Maps provided. Course open for inspection up to 10 minutes before start of race. There will be no official course walk.

Entry Fees: \$5.00 per person. There is no additional entry fee for teams. Teams must consist of at least five, but no more than eight runners. Teams must be registered USATF track teams.

Awards: USATF Championship medals will be awarded for the first through tenth place.

Please Note: You must have a USATF card or purchase one on the day of the meet.

Location: Lorain County Community College. 1005 Abbe Road, North Elyria, Ohio
 Take I-480 West to Route 10 West. Exit at Elria Route 57-301. Go North on Route 301 approximately 5-1/2 miles. The college will be on the right.

Or take I-90 West to exit 148. Turn left and go 1/2 miles and turn right on Route 301.
 The college will be on the left.

Mail entries to:
 Lake Erie Comets Track Club
 8280 Craigeigh Drive
 Parma, Ohio 44129

Make checks payable to: USATF - Lake Erie
 Entries will also be accepted the day of the meet,
 10 minutes prior to the start of each race.

Official Entry Form

Name		Address		
City		State	Zip	Phone
Age	Birth Date	Sex	USATF#	
Age Division		Club		

In consideration of my being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against USA Track & Field, the Lake Erie Association, the State of Ohio, or their officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with my association with, entry in, or arising out of my traveling to, participation in, and returning from the 2007 Lake Erie USATF Open & Masters Cross Country Association Championship Meet to be held on November 10, 2007 at Lorain County Community College.

Participant's Signature _____