



***San Diego – Imperial USATF Association
2010 Cross Country Championships
and
Association Masters Championships***

**ASICS Dirt Dog Cross Country Series
Tecolote Shores – East Mission Bay Park**



**Hosted by San Diego City and San Diego Mesa
College**



- DATE:** Saturday, November 6, 2010
- TIME:** 9:00am Men's 4 mile
10:00am Women's 4 mile
- LOCATION:** Tecolote Shores – East Mission Bay Park. The course is located just south of the Hilton Hotel in East Mission Bay Park. This is the same basic course that is used for the USATF National Championships.
- COURSE:** The course is almost entirely on grass with a few sidewalk crossings. Spikes are permissible.
- PARKING:** Free street parking available in and around Mission Bay
- COST:** \$15.00 per individual (\$20.00 day of race)
- REGISTRATION:** Mail entry forms and fees postmarked by Tuesday, 11/2/10 to:
San Diego City College Cross Country
4116 Oak Island Lane. Fallbrook CA 92028
Checks payable to SDCC Foundation
- CHECK-IN:** Day of Race Registration will begin at 7:00am
- AWARDS:** Over \$4000 will be awarded at these Championships based on the Dirt Dog series results.
- INFORMATION:** Contact Meet Director Paul Greer at (619)388-3704; pgreer@sdccd.edu
Or Thom Hunt at (619) 286-7700 x4505; thunt@sdccd.edu

Make Checks payable to SDCC Foundation:

Mail entry forms and fees postmarked by Tuesday, 11/2/10 to:

San Diego City College Cross Country
4116 Oak Island Lane.
Fallbrook CA 92028
(Day of race registration too)

**USATF San Diego Association Cross Country Championships
Mission Bay – November 6, 2010**

Entry Blank – Please Print

Race #: Official Use Only

Name _____

Age _____ Birthday ____/____/____ USATF# _____

Address _____ City _____ Zip _____

Phone _____ E-mail _____

Fees: USATF Member \$ 15 (\$20 day of race) Amount Paid: _____

Waiver – In consideration of acceptance of my entry I for myself, execution administrators and assignees do hereby release and discharge USATF, San Diego Community College District City of San Diego Parks and Recreation and all other sponsors and associates to claims of damages, demands, actions whatsoever, in any manner arising or growing out of my participation in said athletic event. Further, I hereby grant full permission to any of the fore mentioned to use any photographs, videotapes, motion picture recording or any other record of this event for any purpose whatsoever. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature: _____

Date: _____

Participants must sign waiver – Parent Signature if under 18 years of age