



## Frederick Steeplechasers SPIRES Youth Cross Country Meet

**Sunday, October 28, 2018 (Rain or shine!)**

Meet Directors: Coach Trevor James & Tim Stevenson  
SPIRES / 240-565-3095 /  
[trevor.james@steeplechasers.org](mailto:trevor.james@steeplechasers.org)

Location: Catoclin High School, 14745 Sabillasville Road, Thurmont, MD 21788

Entrance Fee: **\$5 per Athlete** / waiver also required to be signed during registration

Awards: Medals for 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup>; Ribbons for 4<sup>th</sup> thru 15<sup>th</sup>

Finisher ribbons for 16<sup>th</sup> +

Schedule: 11:30 a.m. – 12:30 p.m. – Registration Open

12:45 p.m. – Course Walk

### Order of Races

**6 & Under 1:30 p.m. 1K (0.62 mile)**

**7 & 8 2K (1.24 mile)**

**9 & 10 3K (1.86 mile)**

**11 & 12 3K (1.86 mile)**

**13 & 14 4K (2.48 mile)**

We will combine genders unless numbers are too large. In that case we will start Boys first and Girls one minute after.

Restrooms will be available.

Course maps will be available at registration.

No pacing by parents except for 1K, for kids 6 and under.

# MANDATORY WAIVER

## ALL ATHLETES MUST HAVE A SIGNED WAIVER TURNED IN AT REGISTRATION IN ORDER TO COMPETE

WAIVER: I understand that competing in a cross-country meet can be a potentially dangerous activity. I verify that my child is physically fit, medically able to perform in this event and has trained for this competition. I assume all risks associated with my child participating in this event including, but not limited to, falls, contact with other participants, the effects of weather, the conditions of the course, and all other risks associated with such participation. Having read this waiver, and knowing these facts and in consideration of your accepting my child's entry, I for myself and my child, and anyone entitled to act on my and my child's behalf, waive and release the Frederick Steeplechasers Running Club, the Road Runners Club of America and Frederick County Public Schools, meet officials and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my child's participation in the cross-country meet hosted by the Frederick Steeplechasers Running Club (Spires Youth Program) on Saturday, October 28, 2018, even if such liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use my child's photographs, motion pictures, recordings or other record of this event for any legitimate purpose.

### One signed waiver form per family

Child's Name (Last, First)

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Printed Name of Parent

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Signature of Parent

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Date

