

**Mission Valley Track and Field Club
is proud to host a USATF Cross Country Meet
at Garin Park in Hayward, California
October 31, 2010**

Location:

Garin Park
1320 Garin Avenue
Hayward, Ca 94544
510-582-2206

Schedule

8:00-9:00 Registration
9:00 Course Walk
10:00 First Race

Races

Sub Bantams 2000 Meters
Bantam 3000 Meters
Midget 3000 Meters
Youth 4000 Meters
Open 5000 Meters

We will start with the sub-bantams and may combine races depending on the number of runners.

Awards

Medals to the Top 3 in each race
Ribbons to places 4-10 in each race
Participant Ribbons to all competitors

A Special Halloween treat to all finishers and coaches

Entry Fee: \$6.00

Will be Taken on race day

Parking;

There will be a parking fee in the Park of **\$5.00**. There are some parking spots outside the park. Read posted signs so you do not get a ticket.

Contact Information:

Lee Webb
510-304-7172

Lee_Webb@nhusd.k12.ca.us

Course Description:

2000 Flat course around pond and park grass mostly dirt surface
3000-One big hill some rolling hills mostly dirt surface
4000-One big hill some rolling hills mostly dirt surface
5000-One big Hill lots of rolling hills most dirt surface

Maps will be available online shortly

Mission Valley Cross Country Meet Entry Form

Name _____

Team _____

Age Group Circle One

Sub Bantam Bantam Midget Youth Open

Male _____ Female _____

Waiver:

In consideration of acceptance of this entry, I, intending to be legally bound for myself, heirs, executors, administrators, successors and assigns hereby waive and release all rights, claims and causes of actions that I may have against the persons, sponsors, and organizations affiliated with this event, including but not limited to: Mission Valley Track and Field Club and Garin park Regional Park. I hereby represent that I am physically fit and have trained sufficiently for this event. I attest that I have full knowledge of the risks involved in a cross country race, that injuries can occur and that I assume all expense in case of an accident, illness or other incapacity. I will not damage or abuse any property at Garin Park, if damage occurs I will be responsible to financially replace or repair any damage to the Garin Park property.

The parent or guardian must sign the waiver for all athletes under the age of 18 years old.

Athlete Signature _____ Date _____

Parent Signature _____ Date _____

Directions To Garin Park

**1320 Garin Park Avenue
Hayward, Ca 94544**

From San Jose:

Take 880 Exit on Decoto road in Union City
Take a right on Decoto Road and Follow Decoto Road towards the hills to Mission Blvd.
Take a left on Mission Blvd.
Follow Mission Blvd. to Garin Avenue
Follow Garin Avenue to the park.

From Oakland

Take 880 Exit on Decoto Road
Take a left on Decoto road
Follow Decoto Road towards the hills until Mission Blvd.
Take a left on Mission Blvd. Go to Garin Avenue
Take a right on Garin Avenue and follow Garin Avenue into the park.

From Walnut Creek

Take 680 Exit on Mission Blvd..
Take a right on Mission Blvd. to Garin Avenue
Take a right on Garin Avenue and follow Garin Avenue to the Park

From Sacramento

Take 80
Take 680 exit towards San Jose
Follow 680 until Mission Blvd. Exit
Take a right on Mission Blvd. and follow Mission Blvd. to Garin Avenue
Take a right on Garin Avenue and follow Garin Avenue into the Park

Happy Halloween!!