

Team Analysis
Hosts
A USATF Sanctioned Cross Country Meet
At
Golden Gate Park, Polo Fields in San Francisco
October 24, 2010
9:00 am

Schedule:

8:30 am – 9:00 am Registration

9:00 am Course Walk

10:00 am First Race Starts

We will start with the Youth (4K) and Intermediate/ Open race (5 K) and will combine races depending on the number of runners. After the 4K and 5K we will run the 2K and then 3K.

Awards to the top 8 finishers in each division.

Entry Fee: \$6.00

Youth XC Meet Age Divisions & Distances

Age Division Name	XC Distance	Age Division Description
Sub-Bantams	2000m	Born 2002 or later; in Junior Olympic meets, Sub-Bantams must run as Bantams
Bantams	3000m	Born 2000 or 2001
Midgets	3000m	Born 1998 or 1999
Youth	4000m	Born 1996 or 1997
Intermediates	5000m	Born 1994 or 1995
Young	5000m	Born 1992 or 1993

Contact Info:

Otis Campbell

510-459-1501

ocampbell@emailaccount.com

Team Onalysis 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 from 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: Team Onalysis Track Club and Golden Gate 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 often occur and that I assume all expense in case of an accident, illness or other incapacity. Parent or guardian must sign the waiver for all athletes under 18 years old.

Athlete signature _____ Date _____

Parent Signature _____ Date _____

Directions to Golden Gate Park, Polo Fields, San Francisco, CA

From San Jose:


1. Take **I-280 N** toward **San Francisco**


- ① 2. Continue onto **CA-1 N (19th Ave)**
About 10 mins


3. Turn left at **25th Ave (aka Crossover)**
4. Turn left at **Cabrillo**
5. Turn left at **26th Ave**
6. Turn right at **Fulton**
7. Turn left at **36th Ave**
8. Turn right at **John F. Kennedy Drive**
9. Turn left at **Chain of Lakes**
10. Turn left at **Martin Luther King Dr**
11. Veer left at **Middle Drive West**
12. Park at **Polo Fields**


From Oakland:


1. Take the exit onto **I-580 W** toward **San Francisco**

-  2. Take exit **19A** on the **left** to merge onto **I-80 W** toward **San Francisco** go
Partial toll road 8.3 mi
About 11 mins

-  3. Take exit **1B** to merge onto **US-101 N** toward **Golden Gate Bridge** go
About 1 min 1.1 mi


-  4. Continue onto **Octavia Blvd** go
About 1 min 0.3 mi

-  5. Turn **left** at **Fell St** go
About 5 mins 1.6 mi

-  6. Slight **left** at **Kezar Dr**
About 1 min

7. **Kezar winds into Lincoln, take Lincoln for about 2 miles**
8. Turn right at **41st Ave**
9. Turn right at **Martin Luther King**
10. Veer left at **Middle Drive West**
11. Park at **Polo Fields**

From Marin:

-  1. Take **US-101 S** toward **San Francisco**
Partial toll road

 2. Take exit **438** to merge onto **CA-1 S** toward **19th Ave** go
2.2 mi
About 4 mins

 3. Turn **right** at **Fulton St** go 1.0 mi
About 2 mins

4. Turn **left** at **36th Ave**

5. Turn **right** at **John F. Kennedy Drive**

6. Turn **left** at **Chain of Lakes**

7. Turn **left** at **Martin Luther King Dr**

8. Veer **left** at **Middle Drive West**

9. Park at **Polo Fields**


From Sacramento:

1. Take **I-80 W** go
81.2 mi
Partial toll road

 2. Take exit **1B** to merge onto **US-101 N** toward **Golden Gate Bridge** go
1.1 mi
About 1 min

3. Continue onto **Octavia Blvd** go
0.3 mi
About 1 min

 4. Turn **left** at **Fell St** go
1.6 mi
About 5 mins

 5. Slight **left** at **Kezar Dr**
About 1 min

6. Kezar winds into Lincoln, take Lincoln for about 2 miles

7. Turn **right** at **41st Ave**

8. Turn **right** at **Martin Luther King**

9. Veer **left** at **Middle Drive West**

10. Park at **Polo Fields**