

WESTMORELAND TRACK & CROSS COUNTRY
2009 Cross-Country Meet
Saturday, October 24, 2009 RAIN OR SHINE
Hempfield Park, Mini Pavilion

Entry Fee: \$6.00 per Athlete

Time: Registration: 8:30AM-9:00AM or email registrations to runwtcc@yahoo.com

Walk Course -9:00 AM First Race - 10:00AM (Starting with Sub-Bantams)

Sanction- Three Rivers Association, USATF

Awards- Medals places 1-3; Ribbons places 4-6

Meet Director: Brenda Ansell 1118 Rosedale Drive Greensburg, Pa 15601
724-309-3990 [Email:runwtcc@yahoo.com](mailto:runwtcc@yahoo.com)

Directions: From 22: Take Pa Turnpike 66-(exact coin needed \$.95) Exit 9 (Greensburg/Harrison City Exit) at end of Exit make left, go approx. .7 mile, make left onto Old Route 66, make right onto Forbes Trail Road, follow approx. .5 mile to park entrance on right.

From I-70 East: Take Toll Road 66 North towards Delmont, take Exit 9 (Greensburg/Harrison City Exit) at end of exit make right, follow directions above.

From 376 East: Take Pa turnpike to exit 75 (New Stanton) follow directions from I-70 East.

Age Groups and Distances (Determined solely by year of birth)

2001 and later	Boys and Girls	Sub-bantam	2 Kilometers	1.24 Miles
1999-2000	Boys and Girls	Bantam	3 Kilometers	1.86 Miles
1997-1998	Boys and Girls	Midget	3 Kilometers	1.86 Miles
1995-1996	Boys and Girls	Youth	4 Kilometers	2.49 Miles
1993-1994	Boys and Girls	Intermediate	5 Kilometers	3.11 Miles
1991-1992	Boys and Girls	Young Men/Women	5 Kilometers	3.11 Miles

Refreshments Available

Restrooms On Premises

COME DRESSED TO RUN!!!!!!

Detach and Return- Please Print

Name _____ DOB _____ Gender _____

Address _____ City/State/Zip _____

Club _____ Phone _____

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all claims for damages I may have against the Hempfield School District, W.T.C.C., Westmoreland County Recreation, The Hempfield Recreation Dept., The Three Rivers Association, USATF, its members, meet officials, meet committee and their agents, representatives, successors, and assigns for any and all injuries suffered by me or my child at this meet. I certify that myself and/or my child is an amateur athlete. I further certify that my child or I have trained sufficiently to participate in this meet.

Signed Athlete

Signed

Parent/ Guardian

Date