GRIMSHAW GALLOP

Team Entry Form

Team _____
Coach _____
Phone _____

Name	Category	Signature

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release Wolves Cross-Country Running, the organizers, their agents, representatives, successors, and assigns for any and all injuries suffered by me in the said event. In addition, I agree to let my name, picture, and/or results be published and/or broadcast in the media and/or on the Internet.

Signature of athlete or parent/guardian required above.

Distances and courses will vary by race and category. The range of distances will be as follows:
9 km – Open, Masters Men, and all other categories
6 km – Open, Masters Women, High School Boys and all other categories
3 km -Junior High Boys and Girls, High School Girls and all other categories
2 km -Elementary Boys and Girls

Awards
Awards will be given to the top 3 male and female runners in each of six categories
· elementary school (grade 1 to 3),
· elementary school (grade 4 to 6),
· junior high school (grade 7 to 9),
· senior high school (grade 10 to 12)
· open (18 years to 39 years)
· masters (40 and over)

Entry Fees: $5 per person, $20.00 per family

EMAIL preregistrations
To: Rafael Carias mailto://grimshawgallop2004@telusplanet.net by Thursday, September 6 by 4:30 p.m.