

# WOLVES CROSS-COUNTRY RUNNING SERIES

## Individual Entry Form

Name \_\_\_\_\_  
Team \_\_\_\_\_ ACAC: \_\_\_ (Y or N)  
Phone \_\_\_\_\_  
Category: \_\_\_\_\_ Distance: \_\_\_\_\_

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**

---

## Steve Burgess Distances

Elementary Boys - Grade 1 to 3	1.5 km
Elementary Girls - Grade 1 to 3	1.5 km
Elementary Boys - Grade 4 to 6	1.5 km
Elementary Girls - Grade 4 to 6	1.5 km
Junior High Girls	3 km
Junior High Boys	3 km
Senior High Girls	3 km
Senior High Girls	5 km
Senior High Boys	5 km
Senior High Boys	8 km
ACAC and Open Men	8 km
Open Men	5 km
ACAC and Open Women	5 km
Open Women	8 km
Masters I Men (35-49)	8 km
Master I Men (35-49)	5 km
Masters I Women (35-49)	5 km
Masters I Women (35-49)	8 km
Masters II Men (50+)	8 km
Master II Men (50+)	5 km
Masters II Women (50+)	5 km
Masters II Women (50+)	8 km

**Entry Fees:** \$7 per person (or \$5 for ACAC) \$10 on race day. Maximum \$20 per family if pre registered.