

Wolves Cross Country Running Series

Team Entry Form

Team: _____
 Coach: _____
 Phone: _____

	Name	Category/ Distance	Signature
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In consideration of your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release Wolves Cross Country Running, the Wolvernine Nordic & Mountain Society, 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 media and/or on the Internet.

Signature of athlete or parent/guardian required above.

Ridge Ramble Distances

- | | |
|-------------------------------|----------------------------------|
| Boys Grades 1 - 3 1.3 km | Open Men 6 km |
| Girls Grades 1 - 3 1.3 km | Open Women 6 km |
| Boys Grades 4 - 6 1.3 km | Masters Men 1 (35 - 49) 6 km |
| Girls Grades 4 - 6 1.3 km | Masters Women 1 (35 - 49) 6 km |
| Boys Grades 7 - 9 3 km | Masters Men 2 (50+) 6 km |
| Girls Grades 7 - 9 3 km | Masters Women 2 (50+) 6 km |
| Boys Grades 10 - 12 6.0 km | |
| Girls Grades 10 - 12 4.7 km | |

Entry Fees: \$5 per athlete, cheques made payable to WNMS
 Fax pre-registrations to: Linda Helm 250 242-4076 by Thursday, Oct. 1st by 4 pm.