



**2009 USATF SOUTH CAROLINA
OPEN/MASTERS 5K
CROSS COUNTRY CHAMPIONSHIPS**
November 14th, 2009
Roger Milliken Center,
910 Milliken Road, Spartanburg, SC, 29303



Location: Roger Milliken Center, 910 Milliken Road, Spartanburg, SC. From Spartanburg, Greenville, Columbia and Asheville – 85 to Exit 69 (I 85 North Business) then take Exit 5B. From Charlotte – 85 take Exit 77 (I85 Business) then take Ext 6. Take a left over the bridge. Follow USATF signs to parking area. Using Highway 26 to travel exit 19B and follow above. **Parking only in parking lot area. No parking on any grass area is permitted.**

Format and Schedule of Events:

Sanctioned by USATF

Age Divisions:	Female	Male	Distance
Open (ages 19 - 29)	9:00 a.m.	9:30 a.m.	5K
Masters (ages 30 – 75+) all in 5 year age increments.	9:00 a.m.	9:30 a.m.	5K

ENTRY FEES: \$10.00 for each participant.

Awards: Awards will be given to the top three finishers in each division.

The Course: The entire course is grass surface. Spikes may be useful on the hills or if the course is wet. The course will be closed at 8:30 a.m. No one will be allowed on the course for warm up after this time. There is plenty of area for warm up in the adjoining field areas. No dressing facility or public water is available.

Late Registration: Registration postmarked after November 7, 2009 must contain an additional \$3.00 late registration fee per athlete or they will be returned. No package received after November 11th will be accepted.

Late Entries on Race Day: The race day entry fee will be \$15.00 per athlete (late fee included) Cash only will be accepted. All athletes must be current SC USATF members. Note that any memberships purchased after November 1, at the price of \$30.00, are for 2009 and 2010.

Race Day Membership: Race day membership will be available for the annual fee of \$30.00 during the day of the meet. Cash only will be accepted..

Send registration forms to:

Valerie Beesley
116 Runnymede Court
Greenwood, SC 29649
Telephone: 864-943-9059 (Home)
864-993-3478 (Cell)
email: beesleyfamily@hotmail.com

For membership information contact:

Cathy Koziel
Membership Chair SC USATF
2808 Arrowwood Lane
Rock Hill, SC 29732
Telephone: 803-980-0059
Email: ckozyel@comporium.net

Individual membership may be obtained online as well at www.usatf.org for the fee of \$30.00. Note: As of November 1 membership is valid for 2009 and 2010.

FACILITY RULES & GUIDELINES:

1. Remember we are guests of the Roger Milliken Center.
2. Barbecuing will not be allowed on site.
3. Please do NOT bring loud radios or music, pets, or unnecessary distractions to the meet.
4. **Please keep the facility clean. You are responsible for taking home all your trash.**
5. Alcoholic beverages will not be allowed.
6. **Absolutely NO Parking on any grass. Parking only in the paved parking area. You will be towed!**



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ENTRY FORM

Please note: Incomplete or unsigned forms will not be accepted.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

USATF Membership Number: _____

(Must be a current member – note all memberships purchased after November 1 are good for 2009 and 2010)

Phone: _____

Email: _____

Age as of Race Day: _____ Birth Date: _____

Male _____ Female _____ (check one)

Pre-registered entry forms must be postmarked by November 7th, 2009.

Make checks payable to USATF SC.

Entry Fee \$10.00. After November 7 – Entry Fee \$13.00

Race Day Entry Fee - \$15.00

Mail to:

Valerie Beesley,

116 Runnymede Court, Greenwood, SC 29649.

Athlete's release – In consideration of the acceptance of this entry I hereby, for myself, my heirs, executors, administrators and assigns release and discharge the sponsors and operator's of USATF SC Open/Masters 5K Championships and the agents and employees from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said event to be held on November 14, 2009. I specifically release and discharge said operators and sponsors from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and I agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event the same being my sole responsibility. I also give my permission for the free use of my name and picture in any broadcast, telecast or other written account of the event. I understand that I am voluntarily participating in the USATF SC Open/Masters 5K Championships at my own risk and at my own request.

Athlete Signature

Emergency Contact and Phone Number