

35TH ANNUAL SPENCERVILLE ALL-COMERS CROSS COUNTRY MEET

DATE: Thursday August 19, 2010, 6:00 PM.

LOCATION: Behind Spencerville High School, 1 block south of State Route 117 on the east side of town, 15 miles west of Lima, Ohio. The races are run on a flat grass course.

INSTRUCTIONS: Pay entry fees and register for races starting at 5:00 PM. Each runner must sign up on separate sheets for each race they will be entered in. **All 5000 meter runners must sign up on the Open 5K sheets even if you are also on a team.** To be considered for team awards, the team members must be determined before the race starts and a team score sheet must be filled out and turned in after the race. 416 runners ran in this meet in 2009.

ENTRY FEE: \$2.00 total to enter all eligible races.

TIME SCHEDULE:

6:00---Boys 13 & Under age group 1 mile. Record -5:13 1995 Zac Graham, Greenville (36 ran'09)

6:15---Girls 13 & Under age group 1 mile. Record - 5:45.2 1999 Sunni Olding, Minster (22 in '09)

6:30---3 age groups together: Male and female ages 14-29, 30-39, 40+up 1 mile.

Records: Male- 4:42.3, 4:59.8, 5:04.9. Female- 5:50, 7:19, 7:49.3. (12 total ran in 2009)

6:40---Jogger's 1 mile Predicted Time run, all ages. (Winners are closest to their predicted time) (32ran in 09)

6:55---Female Open 5000 Meter Run, all ages, one group, 3.1 miles. (113 ran in 2009, 11 teams)

Record - 18:20.5 2003 Sunni Olding, Minster.

7:30---Male Open 5000 Meter Run, all ages, one group, 3.1 miles. (201 ran in 2009, 17 teams)

Record - 15:26 1989 Kevin Rigg Columbus Grove (Miami Univ.).

AWARDS: Ribbons to places 1 through 6 in all 1 mile races; Medal to 1st and ribbons to places 2nd through 60th male and 40th female in the 5000 meter races, and ribbons to the top 6 teams (5 to 7 members) in the 5000 meter races. One participation ribbon to anyone who does not receive another ribbon. No awards will be mailed, arrange to pick up awards before leaving.

Bring a self addressed stamped envelope if you want results sent.

Web page for entry form and results-<http://ohioroadraces.net>

MEET DIRECTOR: Brian McMichael, 221 Michael St., Spencerville, Ohio 45887. Phone: 419-647-6433, email: bcmspen@hotmail.com

COACHES - make copies of this form for each of your team members. You can send entries with fees (nonrefundable) so they arrive by Tues. Aug. 17, or register on meet day.

FILL OUT THE FORM BELOW AND BRING WITH YOU WHEN YOU REGISTER FOR THE RACES

PLEASE PRINT NEATLY! SPENCERVILLE ALL-COMERS CROSS COUNTRY MEET 2010

NAME _____ AGE _____ on Aug. 19 CIRCLE: MALE FEMALE

ADDRESS _____ PHONE (____) _____

CITY _____ STATE _____ ZIP _____

If in school, school name: _____ email: _____

If on a team in a 5000 meter race, list your team name: _____

(You need at least 5 members to form a team)

Check all races you are entering:

Date of Birth: _____

____ Boys 13 & Under 1 mile

mm/dd/yyyy

____ Girls 13 & Under 1 mile

____ Male and Female 14-29, 30-39, 40+Up 1 mile

____ Race No.-Official use only

____ Jogger's 1 mile Predicted Time run: My predicted time is _____ min _____ seconds.

____ Female Open 5000 Meter run

____ Male Open 5000 Meter run

Entry Fee to be paid when registering (non-refundable) \$2.00 covers entry into all races.

In submitting this entry I waive and release all rights and claims for damages I may have against Brian McMichael, race staff, and promoters for any injuries suffered in this event. I attest that I am physically fit and sufficiently trained to participate in this event and have full knowledge of the risks involved.

SIGNED _____ DATE _____

(PARENT SIGNATURE NEEDED IF UNDER 18)