

Capital Invite. All Ages Cross Country Meet

Distance: 2.23 miles. Come and be part of one of the best high school cross country meets in the state.

Sept. 13, 2008

Race begins: 9:45 – Registration begins at 8:30 closes at 9:30

Location: Heritage Park, Capitol Lake

**Mail entry to:
Kevin Wright, Results Chair
2707 Conger Ave. NW
Olympia, WA 98502**

\$5.00 Make check payable to: ASB/XC

Awards will be in 5 year increments and will be three deep beginning at age 10 for male and female. Awards may be picked up at the registration table.

Waiver of liability

I know that running a cross country race is a potentially a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide my any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather including high heat/humidity and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I for myself and anyone to act on my behalf, waive and release the Olympia School District, Capital High School, all sponsors, volunteers, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature_____ Age on race day_____

**Information: Jerry Miller, Race Director 360-709-0572
jlmiller@osd.wednet.edu**