



Test Yourself. Tune Up. Atone.

HIGH SCHOOL AGE & OPEN RACES

Saturday November 19, 2005
@ Rose Tree Park 5K, Media, PA

Why: Looking for a tune-up for Northeast Foot Lockers after that long break following Districts/States? Didn't get an invite to the PTFCA Mid-East Regional for seniors in Ohio? Want to finish the season with a good race? Running with an NTN team and need a run to stay sharp? And last, but not least, it's a great course we'd like more of PA to see.

Site: Rose Tree Park, Route 252, Media, PA (one mile west of Exit 5 of I-476 off Route 1) Directions and course map will be available on the meet page on PennTrackXC.com

Course: All grass, rolling, with downhill start, one creek crossing with kinda nasty hill at 2 miles, and uphill finish. Fan friendly with 6-8 opportunities to see the race. Box start. High School Age/Open = 5,000 meters.

Table with 3 columns: Time, Race, Runners per Race (max). Rows include High School Girls Division 2, High School Boys Division 2, High School Girls Division 1, High School Boys Division 1, Open: Men/Women, and Awards.

Race Groups: Division 2 High School - Open to HS runners (current 9th-12th grade). 2-mile times 10:30+ or 12:00+ Division 1 High School - Open to HS runners (current 9th-12th grade). 2-mile times under 10:30 and 12:00 Open: Men and women, middle school age or post-secondary

Awards: 20 medals to top 20 finishers in each high school race. 10 medals for men's Open, 10 for women's Open

Results: Results will be posted on www.PennTrackXC.com.

Entry Fees*: \$10 per individual \$20 per individual includes meet T-shirt (a limited number of shirts will be available race day) \$30 per individual with meet T-shirt and one-year subscription/extension to PennTrackXC.com (savings of \$8 off annual subscription rate of \$18)

Make checks payable to: PennTrackXC.com

*Entry fees are non-refundable, with the exception of athletes who receive an invitation to compete at the Mid-East Regional in Ohio on the same date.

Deadline: Postmarked Tuesday, November 8, 2005 (No race day entries)

Thanks to: Co-Meet Directors Ron Lopresti and Fred Rosenfeld Dan Nelson and the Philadelphia Catholic League for timing Tim Hickey and the Delaware Valley Girls Track Coaches Association for PA system MF Athletic for Race #s (http://www.everythingtrackandfield.com)



Special: High School age runners are not permitted to wear school uniforms, exactly the same as the rules for Foot Lockers.

Questions: Co-Meet Directors: Ron Lopresti, 610-631-5675, ronlop@msn.com Fred Rosenfeld, 610-896-7356 rosenfeldfw@yahoo.com

Don Rich, PennTrackXC.com, 610-662-6677 • fax: 610-853-0730, don@penntackxc.com

Last Gasp classic

by PennTrackXC
ENTRY FORM

Saturday, November 19, 2005

Name: _____

City: _____ State: _____ Zip Code: _____

Phone: _____

E-Mail: _____

High School Girls Division 2 (12:00 pm – limit 125)

High School Boys Division 2 (12:30 pm – limit 125)

High School Girls Division 1 (1:00 pm – limit 125)

High School Boys Division 1 (1:30 pm – limit 125)

Open Men/Women (2:00 pm – limit 100)

Please indicate T-Shirt Size: SM M L XL

Entry Fees*: \$10 per individual

\$20 per individual includes meet T-shirt (a limited number of shirts will be available race day)

\$30 per individual includes meet T-shirt and one-year subscription/extension to PennTrackXC.com (savings of \$8 off annual subscription rate of \$18)

NOTE: For multiple entries, indicate names, races, and T-shirt sizes on a separate piece of paper.

** Entry fees are non—refundable, with the exception of athletes who receive an invitation to compete at the Mid-East Regional in Ohio on the same date.*

Deadline: Postmarked Tuesday, November 8, 2005 (No race day entries)

Signature

Date

If under 18, Signature of Parent or Guardian

Date

Complete form, and mail with check to PennTrackXC.com, 63 Colfax Road, Havertown, PA 19083

In consideration of accepting this entry, you hereby absolve the PennTrackXC.com XC Club, Delaware County, the Meet Directors, their agents and heirs of all responsibility for any injuries that may occur at the PennTrackXC.com Last Gasp Classic.