



Summer XC Series

## 2014 Athens Area Summer XC Series Entry Form

### North Oconee HS 3K @ Oconee Community Cross Country Course

This Summer marks the 3rd annual Athens Area Summer XC Series Sponsored by:

*Fast Feet Timing, Ga.MileSplit.com and Fleet Feet Sports Athens*

The Host Schools are Winder-Barrow, Athens Christian and **North Oconee HS**. Each event is low-key team Fundraiser The entry fees paid go directly to the host school's XC programs enabling them to perhaps buy new uniforms, team tents or even fund an overnite trip to a distant race in the Fall, while giving local student athletes an opportunity to stretch out their legs from base training, test their level of conditioning while forming bonds with athletes from other schools for years to come. The Series also gives area Road Racers and the casual runner/jogger a chance to run on real XC courses that have grass, dirt, mud, trails and hills instead of boring asphalt while dodging speeding cars, trucks and Fido!

3 races are scheduled at Venues hosting multiple races this Fall, Including:

6/26- **North Oconee 3K (located behind NOHS)**

7/10- Athens Christian 3K (located at ACS Campus)

7/26- Winder-Barrow 4K (located at Bramlett Elementary-Auburn)

#### Entry Fees

Students/Adults \$5

Under 7 Free

- 1) Registration/Check In Begins at the Pavillion 5:45pm (Stadium) **Racetime 7PM)**
- 2) Bib #'s will be Assigned to each Runner
- 3) A Split Clock will be deployed at the 1 Mile Mark
- 4) Water will be provided
- 5) Timing will be by Fast Feet Timing Services
- 6) Results and Performances by HS/MS athletes Will be Captured on ga.milesplit.com

#### Additional Notes:

Coaches- Please e-mail us with a list of runners you expect to be participating to expediate Race set-up (this will make things go much smoother on Race Day) so we can pre-assign bib #'s. If you are "Hosting" a meet we expect a large number of your runners and Coaches,

Individual Student-Athletes- Please e-mail us with your intention to participate as we will have a series of bib #'s just for Individuals. [runninggodz@yahoo.com](mailto:runninggodz@yahoo.com)

Adults Boosters and Pre-Middle School- Your registration will be Race Day but e-mailing your Intention to compete will be appreciated. [runninggodz@yahoo.com](mailto:runninggodz@yahoo.com)

**Waiver:** I waive any and all claims for myself and my heirs against North Oconee High School / Fast Feet Timing and those affiliated with the organizers, officials, sponsors, and volunteers for damages, liabilities, injuries, or illnesses I may receive from my participation in the Athens Summer Series races. I further state that I am in proper physical condition to undertake said event.

**\*Parent or Legal Guardian MUST sign if participant is under 18 years of age\***

NAME (please print) \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_



