Death Valley Distance Track Carnival

Fall Edition

Southern Columbia Area High School

November 12, 2011

Philosophy

At the end of the cross country or road race season, runners find themselves in the very best shape of the year and are race ready from the competitive events they have been involved in. In all likelihood they have set or been close to a personal best for the year on either the cross trails or the road courses and they are primed for a fast time at 3000, 3200 or 5000 meters. Unfortunately they seldom have the opportunity to race on a fast surface in temperature conditions conducive to fast racing. This event will give them that opportunity.

Location Tiger Stadium Track, Southern Columbia Area High School. It will be run on our new BEYNON BSS 300 all-weather track.

Distance
3000 Meters -- Middle School grades 7 & 8 Only
3200 Meters -- Varsity grades 9 - 12
5000 Meters -- Varsity grades 9 - 12 and all open and college runners.

Race times **The following schedule may change depending on the number of entrants.**

10:00 am	-- Open Female	5000 Meter Run	(2 seeded races if necessary)
11:00 am	-- Open Male	5000 Meter Run	(2 seeded races if necessary)
12:00 pm	-- Girls Varsity	3200 Meter Run	(2 seeded races if necessary)
1:00 pm	-- Boys Varsity	3200 Meter Run	(2 seeded races if necessary)
1:45 pm	-- Girls Middle School	3000 Meter Run	(2 seeded races if necessary)
2:30 pm	-- Boys Middle School	3000 Meter Run	(2 seeded races if necessary)

EVERY RUNNER MUST HAVE SOMEONE TO COUNT LAPS FOR THEM – Coach, Parent or Friend

Awards There will be certificates awarded to the top 6 finishers in each race. If there are two races in each division, certificates will be awarded to the top 6 in each race.

Entry Fee
$15.00 with a quality 2 color 2 side t-shirt (entry postmarked by 11-7-2011)
$ 8.00 without shirt (entry postmarked by 11-7-2011)
$18.00 on race day with a quality 2 color 2 side t-shirt based upon availability.
$10.00 on race day without shirt.

First 150 registered runners will receive shirts. Sizes will be based on availability.
Be sure to mark your shirt size on the entry blank.
Make checks payable to: **Southern Columbia Track and Cross Country Boosters Club**
Send Entries to: Lanny Conner, Track and Cross Country Coach
Southern Columbia High School
812 Southern Dr. Questions – lconner@scasd.us
Catawissa, PA 17820 Or call 570-441-3908

Directions Many of you have attended Knoebel's Amusement Resort located just north of Elysburg, PA on state route 487. Southern is approximately 3 miles north of the park entrance on the left side of the highway. You will be able to see the stadium on the left as you approach the campus. Google maps provide a good resource for finding the school. A satellite image of where the campus is located is found at:
http://maps.google.com/maps?hl=en&tab=ll You can zoom in or out to get a better view of the schools location in reference to your location.

- - - - - - - - - - - - - - **Detach Here** - - - - - - - - - - - - -

Name _____ Sex M F Middle School HS Open

Street _____ Birthdate (mm/dd/yyyy) _____/_____/_____

City _____ State _____ Zip _____ e-mail _____

ONLY ONE RACE PER INDIVIDUAL

Race Category - list seed time

3000 (MS) _____ 3200 (HS) _____ 5000 (OPEN & HS) _____

Pre-Entry with shirt $15.00 _____ Pre-Entry W/O shirt $8.00 _____

Race day entry with shirt $18.00 _____ Race day entry without shirt $10.00 _____

SHIRTS GUARANTEED TO THE FIRST 150 ENTRIES

Make Checks/Money Orders Payable to: **Southern Columbia Track and Cross Country Boosters**

Total entry fee enclosed $_____

Mail to: Lanny Conner, Track and Cross Country Coach
Southern Columbia High School
812 Southern Drive
Catawissa, PA 17820

I know that running in the Death Valley Distance Track Carnival road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume any and all risks associated with running the event, including but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity and cold or slippery conditions of the race course, all such risks known and appreciated by me. Having read this waver and knowing these facts and in consideration of acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the race, its sponsors, directors, and volunteers, Southern Columbia Area School District, SCA Track & Cross Country Boosters, and all their representatives and successors from all claims or liabilities of any kind arising from my participation in this event.

Signature _____ Date _____

Co- Signature _____

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High or Middle School Group Entry Form

School _____ High School (circle one) Middle School
Address _____ City _____ State _____ Zip _____
Coach _____ Home # _____ Cell # _____

	Name			Grade	Race (Circle one)			Seed Time
1.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
2.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
3.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
4.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
5.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
6.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
7.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
8.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
9.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
10.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
11.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
12.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
13.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
14.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __
15.	_____	M	F	_____	3K	3200	5K	__ __ : __ __ . __

Number of Entries _____ X $8.00 or $15.00 = _____
Make Checks Payable to: **Southern Columbia Track and Cross Country Boosters**
Mail to: Lanny Conner, Southern Columbia High School, 812 Southern Dr., Catawissa, PA 17820