

ENTRY INSTRUCTIONS

- Print clearly or type information on entry form.
- Entries cannot be accepted without all proper signatures under waiver.
ENTRY DEADLINE: Postmarked by November 17th.
- Make \$9.00 check payable to:
Foot Locker Cross Country Championships.
Entries will not be accepted without entry fee.
No refunds will be given.
- Mail completed entry form with entry fee to:
Foot Locker Cross Country Championships
4957 E. Heaton
Fresno, CA 93727
- LATE ENTRIES: The entry fee for entries submitted after November 17th will be \$15.00 (only cashier's checks or money orders accepted with late entries). Late entries will be accepted through November 29th. DO NOT MAIL ENTRIES AFTER NOVEMBER 29TH—USE AN OVERNIGHT SERVICE THROUGH DECEMBER 3RD. Late entries will not be listed in the meet program nor will they be guaranteed a T-shirt.
NO ENTRIES WILL BE ACCEPTED AFTER DECEMBER 4TH!
- If your entry has not been received on December 4—for any reason—you will be required to pay a **\$50 Late Entry Deposit Fee** to participate in the race. This fee applies to runners who: 1) did not mail the entry early enough to reach the headquarters by the final deadline (December 4th), or 2) are beginning the entry process (ie. entry not mailed at all). The \$50 Late Entry Deposit Fee will be held, then returned when the original entry and fee are received. The original entry must show a postmark of December 3rd or earlier.
If you desire confirmation of your entry, include a stamped, self-addressed envelope with your completed entry form.
- For multiple entries, please make photocopies of **BOTH** the entry form and waiver.

WAIVER

This portion must be read and signed.

In consideration of this entry being accepted to participate in the 1997 Foot Locker Cross Country Championships, I hereby for myself, my heirs, executors, administrators and assigns waive and release forever any and all rights or claims whatsoever that I may have against Woolworth Corporation/adidas America or their affiliates, officers, employees, agents, representatives, successors or assigns ("Woolworth") for any injury that may be suffered by me arising out of or in any way connected with the 1997 Foot Locker Cross Country Championships and all the related events or activities held in conjunction with these championships. I hereby certify that I am physically fit and have sufficiently trained for the Foot Locker Cross Country Championships and have an individual medical record on file which attests that I am physically sound to compete in this event. I also attest that I am currently a high school student and will not have reached my 19th birthday before September 1, 1997. Also for myself, my executors, administrators and assigns waive and release forever any and all rights, claims and actions of any kind which I may have against Woolworth due to or arising out of any personal injury, death or property damage which may occur as a result of my traveling to or from the regional and the national (if selected) meets, as well as any related events and activities. Further, I hereby grant full permission to Woolworth to use any photograph, videotape, motion picture, recording or any other record of the event, including any such item that contains my recognizable likeness.

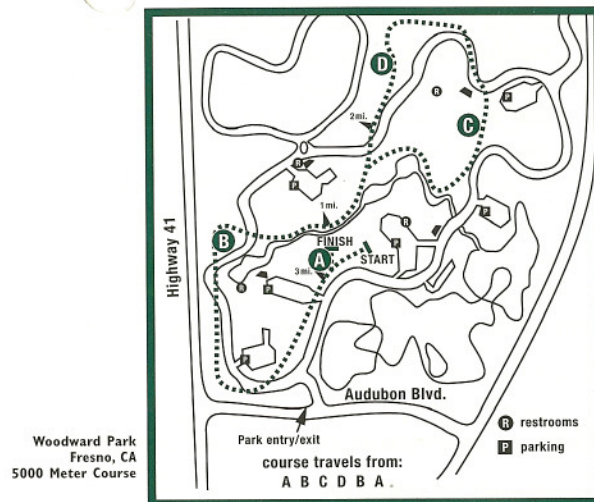
I understand the entry deadline requirements and have read the waiver and by signing below, agree to it.

Signature of Entrant _____ Date _____

Signature of Parent or Guardian _____ Date _____

both signatures are required unless entrant is 18 years or older.

COURSE MAP



HOUSING

Special rates are available from the following area hotels:
Holiday Inn Centre Plaza (Meet Headquarters), Ramada Inn, Piccadilly Inn hotels (3 locations) and Chateau. To receive a special rate, please inform them that you are participating in the Foot Locker Cross Country Championships.

Downtown

HOLIDAY INN CENTRE PLAZA
11 miles from race
(Meet Headquarters) (209) 268-1000
\$68, book by 11/13

FRESNO HILTON
1-800-HILTONS or (209) 485-9000

LA QUINTA INN
(209) 442-1110

Closest to Woodward Park

RAMADA INN
4 miles from race
(209) 224-4040
\$60, book by 11/21

COURTYARD by MARRIOTT
4 miles from race
(209) 221-6000

TRAVELER'S INN
2 miles from race
(209) 431-3557

HOLIDAY INN EXPRESS
3 miles from race
(209) 435-6593

RESIDENCE INN by MARRIOTT
3 miles from race
(209) 222-8900

Near Fresno State Univ.

PICCADILLY INN UNIVERSITY
6 miles from race
(209) 224-4200

TRAVELER'S INN
(209) 294-0224

Adjacent to Airport

(8 miles from race)
CHATEAU
(209) 456-1418

PICCADILLY INN AIRPORT
(209) 251-6000

COURTYARD by MARRIOTT
(209) 251-5200

HOLIDAY INN AIRPORT
(209) 252-3611

Blackstone Avenue

FOUR POINTS SHERATON INN
5 miles from race
(209) 226-2220

MOTEL 6 (Two locations)
(209) 221-0800 and
(209) 222-2431

BEST WESTERN VILLAGE INN
(209) 226-2110

Other

PICCADILLY INN SHAW
6 miles from race
(209) 226-3850

More Information

FRESNO VISITOR'S BUREAU
(800) 788-0836

HANK LAWSON
BOYS CROSS COUNTRY COACH
LYNBROOK HIGH SCHOOL
1280 JOHNSON AVE
SAN JOSE
CA 95129-4199

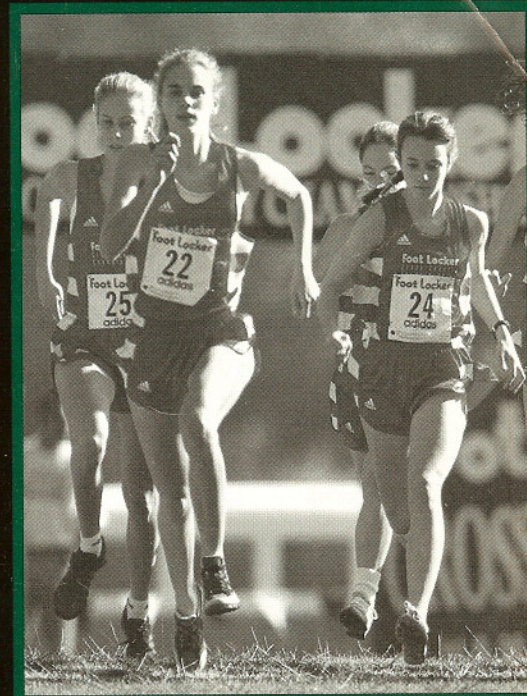


Foot Locker Cross Country Championships
4957 E. Heaton
Fresno, CA 93727



Foot Locker

CROSS COUNTRY CHAMPIONSHIPS



WEST REGIONAL

December 6th
Woodward Park
Fresno, CA
209.456.0535

(AK, AZ, CA, HI, ID, MT, NV, NM, OR, UT,
WA, WY, US Overseas Military Installations)



Track & Field



WEST REGIONAL

The Foot Locker Cross Country Championships West Regional is open to U.S. high school students (male and female, grades 9-12) who will not have reached his/her 19th birthday before September 1, 1997. Runners compete in the race as unattached individuals.

RACE COURSE INFORMATION

The course is 5000 meters and consists of rolling hills with one steep climb: 80% dirt, 10% grass and 10% road.

SPIKES ARE NOT PERMITTED.

SCHOOL UNIFORMS ARE NOT ALLOWED.

Athletes may participate in only one race.

Course map is on back panel.

RACE DAY SCHEDULE

December 6, 1997

8:00	a.m.	#1	Coach/Parent Race (men & women)
8:30	a.m.	#2	Freshman Girls Race
9:00	a.m.	#3	Freshman Boys Race
9:25	a.m.	#4	Sophomore Girls Race
9:55	a.m.	#5	Sophomore Boys Race/Odd Race #'s
10:20	a.m.	#6	Sophomore Boys Race/Even Race #'s
10:45	a.m.	#7	Junior Girls Race
11:15	a.m.	#8	Junior Boys Race/Odd Race #'s
11:40	a.m.	#9	Junior Boys Race/Even Race #'s
12:05	p.m.	#10	Senior Girls Race
12:35	p.m.	#11	Senior Boys Race/Odd Race #'s
1:00	p.m.	#12	Senior Boys Race/Even Race #'s
1:45	p.m.	#13	Seeded Girls Race
2:30	p.m.	#14	Seeded Boys Race
3:00	p.m.		Awards Ceremony (Seeded Races, Coach/Parent Race)

SEEDDED RACES

Qualification for the seeded races is determined by previous best times. Runners who have run faster than the following times will run the SEEDDED RACE: Girls—20:00 for 3 miles or 20:40 for 5K; Boys—15:30 for 3 miles or 16:10 for 5K. The top eight finishers in each of the seeded races qualify for the Foot Locker National Finals in Lake Buena Vista, Florida on December 13, 1997.

FRESHMAN, SOPHOMORE, JUNIOR AND SENIOR RACES

All runners who do not qualify for the seeded races will compete in the appropriate race based on his/her year in school. In the interest of competition and safety, the sophomore, junior and senior boys races will be divided according to randomly assigned race numbers.

COACH/PARENT RACE

THIS IS NOT AN "OPEN" RACE, but is limited to coaches and parents of 1997 Western Regional high school competitors only. Age divisions (men and women): 29 & under, 30-39, 40-49, 50-59, 60 and over. Entry fee, entry instructions and check-in information is the same as for high school competitors. Use entry form at right.

INDIVIDUAL MEDALS

The top twenty-four finishers in races #2 through #14 are awarded medals. Medals will also be awarded to the top 3 men and 3 women per division in the Coach/Parent Race—#1.

STATE TEAM AWARDS

The top five individual male and top five individual female finishers from every state constitute that state's "team." Each individual on the top five state teams is awarded a medal. All races will be considered in figuring the top times from each state. Scoring is figured on a cumulative time basis. There is no club scoring.

DISTRESSED RUNNERS

The health and safety of each competitor is our primary concern. Foot Locker meet officials will act in the runners' best interests at all times.

STATES COMPETING IN THE WEST REGIONAL:

Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming and U.S. Overseas Military Installations.

**RUNNERS WITHOUT OFFICIAL RACE NUMBERS
WILL NOT BE ALLOWED TO COMPETE.**

CHECK-IN

Runners pick up their race number and T-shirts **IN PERSON** at the:
HOLIDAY INN CENTRE PLAZA
2233 Ventura Street, downtown
(take the Van Ness Avenue exit from Highway 41,
go west to Ventura Street)

on Friday, December 5th between 12:00 noon—9:00p.m., or
at the race site on Saturday, December 6th, 7:30a.m.—11:00a.m.

JOG/WALK THROUGH COURSE

There is a guided jog/walking tour of the Woodward Park race course between 3:00p.m.—5:00p.m. on Friday, December 5th.

RACE SOUVENIRS

Race souvenirs and apparel can be purchased at the Holiday Inn Centre Plaza on Friday and at the race on Saturday.

DIRECTIONS TO COURSE

Woodward Park is located 1½ miles north of Fresno on Highway 41.

PARKING

Parking is available in lots adjacent to race course in Woodward Park. Vehicles parked on the grass will be cited.

TELEVISION COVERAGE

Look for highlights of the Foot Locker Cross Country Championships on ESPN's Scholastic Sports America program.

MORE QUESTIONS?

Please call Meet Directors:

BILL AND JUDY COCKERHAM

(209) 456-0535 or

Fax: (209) 255-4904

E-Mail: CTRN@ix.netcom.com

FLCCC HEADQUARTERS

(212) 720-4170.

MORE INFORMATION ON THE WORLD WIDE WEB:

<http://www.runningnetwork.com/ctrn/>

ENTRY FORM

Please print in black ink. Fill form out completely.
**ENTRY WILL NOT BE ACCEPTED WITHOUT ENTRY FEE
AND SIGNED WAIVER (ON BACK).**

☐ Check here only if you are entering the Coach/Parent race.

Last Name

First Name

Street Address or PO Box

City

State

Zip Code

()
Home Phone

E-Mail

Date of Birth

☐ Male

☐ Female

Age (on race day)

High School

Grade

Coach's Name (circle one) Mr Ms

Hometown Daily Newspaper

Hometown Weekly Newspaper

Personal best time in '97*

5000 meters

____ min. ____ sec.

Three miles

____ min. ____ sec.

*There is no minimum qualifying time.
Times are for seeding purposes only.

Entry Deadline:

All entries must be postmarked by November 17, 1997.