



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 have not reached his/her 19th birthday before September 1, 2004. Runners compete in the races as unattached individuals.

The state where a runner resides determines in which regional meet he/she must participate. Runners must participate in the region to which their state has been assigned. Boarding school students must compete in the region of their school location.

Race Day Schedule

(Runners may only participate in one race)
(Number of participants may necessitate minor schedule changes)*

December 4, 2004

1	Nike Open	7:25 a.m.
2	Nike Open	7:35 a.m.
3	Nike Open	7:50 a.m.
4		8:05 a.m.
5		8:20 a.m.
6		8:35 a.m.
7		8:50 a.m.
8		9:05 a.m.
9		9:20 a.m.
10	Girls Seeded	10:00 a.m.
11	Boys Seeded	10:45 a.m.
12	Junior Boys	11:15 a.m.
13	Junior Boys	11:30 a.m.
14	Sophomore Girls	11:45 a.m.
15	Boys and Girls Seeded Awards Ceremony	11:45 a.m.
16	Sophomore Girls	12:00 noon
17	Sophomore Boys	12:15 p.m.
18	Freshman Boys	12:30 p.m.
19	Freshman Boys	12:45 p.m.
20	Freshman Boys	1:00 p.m.
21	Freshman Girls	1:15 p.m.
	Freshman Girls	1:30 p.m.

*Any runner, whether they are in a public school, home school, boarding school, private school or independent school must run in the seeded race in order to qualify for the National Finals in San Diego.
*Final Race Day Schedule posted at the www.footlockerwest.com on November 29, 2004.

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.

Race Course Information

The course is 5000 meters and consists of rolling hills with two steep climbs, 80% dirt trails, 10% cement trails. Course finish line will be in the stadium. Spikes are not permitted. School uniforms are not allowed. Athletes may participate in only one race. Course map is on the back panel.

Nike Open

This 5000 meter race is open to runners in the following divisions. Each entrant will receive a participant T-shirt.

- Junior High (grades 7 and 8)
- Open and Master (18 years and older)

Distressed Runners

The health and safety of each competitor is our primary concern. Foot Locker meet officials will act in the runner's best interest. Interference by a parent or coach could result in disqualification.

Individual Medals

- The top twenty-four (24) finishers in races #4 through #21 are awarded medals.
- The top twelve (12) women and twelve (12) men in race #3 will be awarded medals.
- The top twelve (12) seventh graders and top twelve (12) eighth graders will be awarded medals in races one (1) and race two (2).

State Team Awards

The top five boys and top five girls from each individual state will constitute that state's "team." Each individual in the top five state teams will receive a medal. All races will be considered in the scoring. Scoring is based upon cumulative time basis.

Coaches Clinic and Social

The Foot Locker West Regional staff will be hosting a cross country clinic and social on Friday, December 3, 2004. Everyone is welcome to attend. For more information, please visit www.footlockerwest.com.

Race Day Apparel

Official Foot Locker Cross Country Championships event product can be purchased at the registration headquarters at Mt. SAC College, Building 9-C, Student Life Center and at the race on Saturday.

National Qualifiers

The top eight (8) finishers in each of the seeded races qualify for the Foot Locker National Finals in San Diego, CA on December 11, 2004.

National Finals Headquarters

The Foot Locker Cross Country Championships National Finals Headquarters is the Hotel Del Coronado, San Diego, CA.

Television Coverage

The Foot Locker Cross Country Championships will air on **Fox Sports Net**. Check local listings for airdate.

Entry Form

Please **PRINT** in black or blue ink. Fill out the form completely. **ENTRY WILL NOT BE ACCEPTED WITHOUT ENTRY FEE AND THE TWO SIGNED WAIVER FORMS. NO RACE DAY ENTRIES.**

LAST NAME

FIRST NAME

STREET ADDRESS OR PO BOX

CITY

STATE

ZIP CODE

HOME PHONE

EMAIL ADDRESS

DATE OF BIRTH

AGE (on race day)

MALE / FEMALE

HIGH SCHOOL

GRADE

COACH'S NAME (circle one)

Mr.

Ms.

COACH'S EMAIL ADDRESS

— Emergency info must be filled in, in order to process the application.

EMERGENCY CONTACT NAME ON SATURDAY, DECEMBER 4th, RACE DAY

EMERGENCY DAY PHONE # ON SATURDAY, DECEMBER 4th, RACE DAY

Personal best times in 2004

5000 meters **Min.** **Sec.**

Hometown Daily Newspaper:

Weekly Newspaper:

Grade Level

Coach/Parent

Seeded Race

How did you find out about Foot Locker Cross County Championships?

- Runner's World High School Edition
- High School Coach
- Horner
- Teammates
- Summer Camp
- Ran previously
- FLCCC website
- CC Meet
- Internet site
- Other:

What running publications do you read?

- Runner's World High School Edition
- Runner's World
- American Track and Field
- Harrier
- Internet
- Other:

- Enclosed is \$15.00 entry fee
- Enclosed is \$25.00 entry fee
- Enclosed is \$35.00 entry fee

TOTAL AMOUNT ENCLOSED

Release and Waiver of Liability Agreement

I, _____ am the parent or legal guardian of _____ ("Child") in consideration of the opportunity for my child to participate in the Foot Locker Cross Country Championships and all related events or activities held in conjunction with these championships ("the Event") to be held approximately December 4, 2004 at Mt. SAC College, Walnut, CA, I agree as follows:

I hereby agree:

- To waive and forever release any all claims or action of any kind whatsoever that I or my Child may have against Foot Locker Retail, Inc., Nike Inc, their parents, subsidiaries, affiliates and their respective officers, directors, employees, representatives and agents for injuries, damages or losses to persons, including myself and my Child, and property which may be sustained, in whole or in part, directly or indirectly in connection with my Child's participation in the Event, while preparing for, participating in and/or traveling to the Event;
- I represent and warrant that my Child is in good physical condition and is able safely participate in the Event. I am fully aware of the risks and hazards inherent in participating in the Event and hereby voluntarily elect to allow my Child to compete in the Event, knowing the risks associated with the Event.
- I also attest that my Child is currently a high school student and will not have reached his/her nineteenth (19th) birthday before September 1, 2004;
- I agree to the use of my Child's name, picture, portrait, likeness, and voice for advertising and promotional purposes without further consideration (unless prohibited by law);
- I understand that my Child will be disqualified if he/she runs in the Event without his/her assigned number;
- **I hereby declare that the assumption of risk, waiver and indemnification covenants made in this release agreement were voluntarily entered into with the full knowledge of the effects of these provisions; and**
- The provisions of this release agreement will be binding on my Child, heirs and personal representatives, as well as me.

I, _____ in consideration of the opportunity to participate in the Foot Locker Cross Country Championships and all related events or activities held in conjunction with these championships ("the Event") to be held approximately December 4, 2004 at Mt. SAC College, Walnut, CA, I agree as follows:

I hereby agree:

- To waive and forever release any all claims or action of any kind whatsoever that I may have against Foot Locker Retail, Inc., Nike Inc, their parents, subsidiaries, affiliates and their respective officers, directors, employees, representatives and agents for injuries, damages or losses to persons, including myself, and property which may be sustained, in whole or in part, directly or indirectly in connection with my participation in the Event, while preparing for, participating in and/or traveling to the Event;
- I represent and warrant that I am in good physical condition and am able to safely participate in the Foot Locker Cross Country Championships. I am fully aware of the risks and hazards inherent in participating in the Event and hereby voluntarily elect to compete in the Event, knowing the risks associated with the Event.
- I also attest that I am currently a high school student, 18 years of age, and will not have reached my nineteenth (19th) birthday before September 1, 2004;
- I agree to the use of my name, picture, portrait, likeness, and voice for advertising and promotional purposes without further consideration (unless prohibited by law);
- I understand that I will be disqualified if I run in the Event without my assigned number;
- **I hereby declare that the assumption of risk, waiver and indemnification covenants made by me in this release agreement were voluntarily entered into by me with the full knowledge of the effects of these provisions; and**
- The provisions of this release agreement will be binding on my heirs and personal representatives, as well as me.

Both signatures are required in order for athlete to compete.

X **Signature of Parent/Guardian** _____ **Date** _____

X **Print Name** _____ **Date** _____

X **Signature of Athlete** _____ **Date** _____

X **Print Athlete's Name** _____ **Date** _____