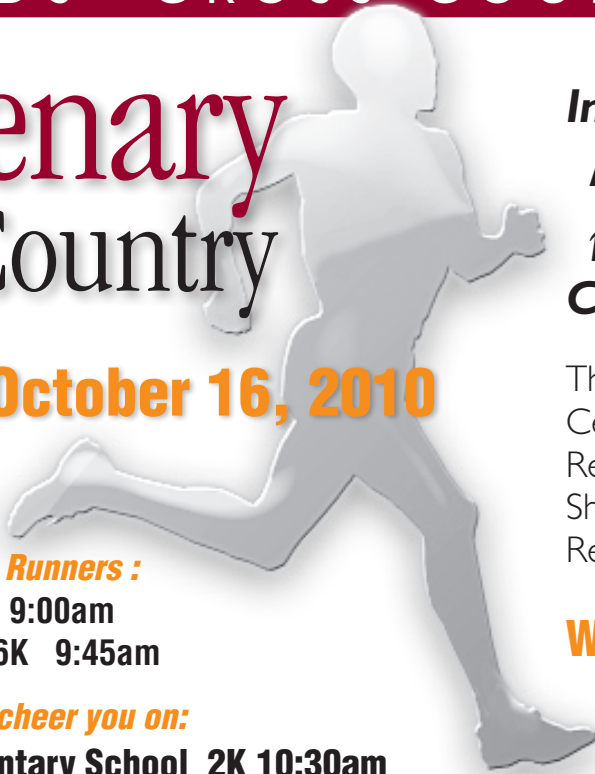


Centenary Cross Country



Invites all Elementary and Middle School runners to participate in our home Cross Country Meet.

Saturday, October 16, 2010

START TIMES:

Cheer on Centenary Runners :

College Men 8K 9:00am

College Women 6K 9:45am

Centenary Runners cheer you on:

Middle & Elementary School 2K 10:30am

ENTRY FEE:

\$5 per Middle/Elementary School participant
Or \$50 total for schools with 10 or more participants.

(Make check payable to Centenary Athletics)

Race Day registration accepted until 10:00 AM.

SEND ENTRIES:

Coach Shelley Armstrong

Centenary College Cross Country

2911 Centenary Blvd. | Shreveport, LA 71104

DROP OFF: Centenary Gold Dome, 2nd floor (Kings Hwy.)

This event is sponsored by Centenary College Athletics, Red River Road Runners and Shreveport Public Assembly and Recreation (SPAR).

WHERE:

Disc Golf Course (near Stoner Boat Marina) Clyde Fant Parkway & Stoner Ave. Shreveport

QUESTIONS:

Phone: 318-869-5277

Fax: 318-869-5145

Email: sarmstrong@centenary.edu

Name _____

Address _____ City _____ State _____ Zip _____

Phone _____

Age _____ DOB _____ / _____ / _____

Grade _____ School _____ Gender M F

WAIVER I, the person submitting this entry (and my child) agree to abide by the rules and decisions of any event officials, and assume all risks within the event and any associated event or activities, including but not limited to falls, contact with other participants, effects of the weather, all such risks being known and appreciated. I (and my child) assume all risks associated with participation, and waive any and all claims, and fully release Dr. Shelley Armstrong, the city of Shreveport, LA, Centenary College, and all race day volunteers, event promoters, sponsors, their representatives, and successors from all claims, damages, or liability of any kind arising from my (or my child's) participation in this event. I also understand that entry fees are not refundable. I have read this agreement carefully, and understand it, and certify my agreement by my signature below.

Signature (Parent/legal guardian if under 18)

Date