



**RELEASE FORM –  
CENTRE REGION YOUTH CROSS  
COUNTRY RUNS  
Fall 2019**

**Saturday September 14, September 28 and October 12**

**At Oak Hall Park – Harris Township (120 Linden Hall Road, Boalsburg, PA)**

**One form can be completed and used for multiple youth XC events**

<b>As of 12/31/19, if you are:</b>	<b>Your X-C age group is:</b>	<b>X-C Distance</b>	<b>Start Time</b>
8 years old or younger	Primary	2K (1.2 miles)	8:30 AM
9 or 10 years old	Bantam	3K (1.8 miles)	9:00 AM
11 or 12 years old	Midget	3K (1.8 miles)	9:00 AM
13 or 14 years old	Youth	4K (2.4 miles)	9:30 AM

**Please complete below:**

<b>Runner's Name (List siblings here)</b>	<b>Male (M) or Female (F)</b>	<b>Runner's age as of 12/31/2019:</b>	<b>Runner's Address</b>

I, the undersigned, individually and as parent(s) and/or guardian(s) of \_\_\_\_\_, a minor or minors, ask that he/she be admitted to participate in the Centre Region Cross Country Run(s). These runs are conducted in co-operation with the Nittany Valley Running Club and Centre Region Parks and Recreation Dept. In consideration for such admission, I agree to release, discharge and forever hold harmless the event sponsors, its organizers, officers, and employees of and from all causes, liabilities, damages, claims or demands whatsoever on account of any injury or accident involving said minor arising out of the minor's attendance at or participation in the cross-country runs and/or activities held in connection with the cross-country runs. This release form covers all three runs listed above individually and collectively.

Phone number for parent/guardian: \_\_\_\_\_

One signature/printed name is required, but both signatures/printed names requested:

\_\_\_\_\_  
Mother's/guardian's signature

\_\_\_\_\_  
Mother's/guardian's printed name

\_\_\_\_\_  
Father's/guardian's signature

\_\_\_\_\_  
Father's/guardian's printed name