

FRANK RIZZA
ELEMENTARY SCHOOL
CROSS COUNTRY CHALLENGE

Open to: All boys and girls in grades K-5 from the elementary schools. NO ENTRY FEE

Sponsored by: The Manchester Public Schools Elementary Physical Education Department
MHS Cross Country Teams

Date: Saturday, October 15, 2016

Place: Manchester High School Athletic Field

Race Schedule:	Check-in time	Race Time
4-5 girls race	8:10	8:30
4-5 boys race	8:40	9:00
2-3 girls race	9:10	9:30
2-3 boys race	9:40	10:00
1 girls race	10:10	10:30
1 boys race	10:35	10:55
Kdg girls race	11:00	11:20
Kdg boys race	11:25	11:45

Course Distance: (approximate) 800 meters (1/2 mile) Kindergarten – Grade 1
1600 meters (1 mile) Grades 2-5
Course is mainly on the grass, finishing on the track

Awards: Ribbons will be awarded to each finisher. Trophies will be awarded to the first, second and third place schools in each race. Individual medals will be presented to the top **15** finishers in each race.

Scoring: Team scoring will be kept. Each school must enter at least **5** runners in a race to be eligible for team scoring. The sum total of the first five finishers from each school will determine that school's score. The lowest score wins.

Each runner must be accompanied by a parent/guardian or designated adult official to participate.
NO DOGS ALLOWED AT THIS EVENT AND NO SPECTATORS ON THE TRACK OR FIELD

Late Registration: Up to 20 minutes prior to race time. **All racers** must be at starting line **5 minutes** prior to race start.

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Return this form for early registration to your physical education teacher as soon as possible!

Name _____ Grade _____ Teacher _____ School _____
Address _____ Telephone# _____

Release: In consideration of the acceptance of my entry, I, for myself, my heirs, executors and assigns, waive, release and discharge any and all rights and claims for damages against meet director, officials, the Manchester Board of Education, the MHS Boys and Girls Cross Country Team, and the Manchester Physical Education Department for all claims of damages, actions whatsoever in any manner arising or resulting from my participation in these races. I attest and verify that I have full knowledge of the risks involved in this race, and I assume these risks, and that I am physically fit and sufficiently trained to participate in this race.

Designated adult supervisor _____

Parent/Guardian permission signature _____

Parent's signature authorizes the Manchester Fire Department/EMT's to administer medical treatment if necessary.