



South Anchorage Area Cross Country Running Jamboree



Saturday, September 17, 2016

- 9:30 AM Walk Through
- 9:50 AM National Anthem and Welcome
- 10:00 AM K - 1st grade girls
- 10:15 AM K - 1st grade boys
- 10:30 AM 2nd - 4th grade girls
- 10:45 AM 2nd - 4th grade boys
- 11:00 AM 5th & 6th grade girls
- 11:15 AM 5th & 6th grade boys

Service High School Soccer Field and Trails

1/2 mile for grades K - 1st and 1 mile for grades 2nd - 6th

Medals for all runners. Parents are encouraged to pre-register at your home school. Volunteers needed. Contact woods_michel@asdk12.org or your P.E. teacher for more information.

*Late registration table open from 9:00 - 10:30AM.

* South Anchorage Area Cross Country Running Jamboree *

Runner's Name _____ Male/Female

Runner's School _____ Grade _____

Anchorage School District Waiver

* Waiver must be signed by legal guardian to participate *

I know that running a cross-country race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I also know that, although traffic precaution will be in effect, there might be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the conditions of the trails, all such risks being known and appreciated by name. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I waive, release and discharge the Municipality of Anchorage, the State of Alaska, the Anchorage School District, the Alaska Sports Hall of Fame, Providence Health & Services Alaska, all race officials and volunteers, be they individual or organizations, singly and collectively, and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind of nature whatsoever, foreseen or unforeseen, known or unknown. I also hereby consent and permit emergency treatment in the event of any injury or illness. I grant full permission to organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

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



Sqord Sync Station
Find out how many points you earn during the race by syncing at one of the Sqord stations
_____ (start/finish line)

Donate your clean, new or gently used sneakers at The Basics table.
Your donations will help Alaskan kids get the sneakers they need to be active and healthy!