

Golden Eagle Cross Country Invitational

5 distance events for Elementary, Middle School,
High School teams & individuals

A great morning on the Trumbull High School Campus — bring family & friends!

All races are run on grass fields & groomed wooded trail

Saturday, Sept 24

Schedule: Times approx- starting 15 mins. after previous race finish

8:00 am .7 mile Elementary Coed, beginners & novice individuals (no trail portion for this race)

8:25 am 1.3 mile Elementary Coed teams & same aged individuals

9:00 am 1.8 mile Middle School Coed teams, Freshmen & individuals

9:45 am 1.8 mile Novice/JV high school & individuals

10:30 am 3.0 mile High School Girls teams & individuals

11:15 am 3.0 mile High School Boys teams & individuals

(note- races may be combined or eliminated if a minimum number is not entered)



Prizes & Awards

Trophies for top teams for each race. Medals or awards for top individuals in each race

Bathrooms & portolets available- come dressed to run.

Fluids & food will be available for sale from the parents of the cross country team.

T-Shirts – a limited amount will be on sale for a very reasonable charge.

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Checks payable & Mail to: MS Running Productions 245 Laurel St. Stratford, CT 06615

First _____ Last _____ Sex _____ Age _____

Street _____

City/State/zip _____

Team/school name _____ Check here if no team (individual entry) _____

EMAIL or coach's email if on a team _____

PLEASE UNDERSTAND THAT THIS EVENT IS RAIN OR SHINE & NON-REFUNDABLE. Remember this event & its proceeds are for the THS Cross Country program.

I hereby release MS Running Productions LLC, Club CT, Town of Trumbull, including but not limited to Police, Fire, EMS, Parks and Public Works, all personnel involved, volunteers, any co-sponsoring company(ies), agency(ies) from responsibility, from any injuries or damages I may suffer as a result of my participation in the Trumbull Golden Eagle Invitational. I hereby certify that I am in good condition & am able to safely compete in this event. I will additionally permit the use of my name & pictures in print & broadcast, etc. As a participating athlete I certify that the information provided by me in this form is true & complete. I have read the entry information provided for the event & certify my compliance by my signature below. I promise not to complain about the weather or anything else for that matter to the race director or volunteers who are working hard for me. I will have a good time & say thanks to the volunteers & think about volunteering myself this year.

Signature of entrant (or parent if under 18 years old)

_____ EACH INDIVIDUAL MUST FILL OUT A FORM & HAVE THE WAIVER SIGNED

Registration Fee

\$7 – individual

\$75 – team up to 12 members of one sex. \$5 additional for each member over 12

\$125 – 2 teams from one school, up to 20 total, \$5 additional for each over the 20

(Register online!) go to www.clubct.org after Sept 1 for the link.

Checks & entries mailed in must be received by Thurs. Sept 22

Any questions contact event director Marty Schaivone- Trumbull High Girls Cross Country Coach

msrunningproductions@yahoo.com

Trumbull High School is located at 72 Strobel Rd. & easily accessible off Rte 25 from the Merritt Parkway or I-95