

*The 1st Annual Stoneham Cross-Country and Track and Field Alumni
Cross-Country 3 Mile Challenge*

*Saturday, November 24, 2007 – 10:00 AM
The Sheepfold. M.D.C. Fells Reservation*

All proceeds go to the Stoneham High School Athletic Department.
Suggested Donation - \$20. Please make checks payable to the Stoneham Public Schools.
All donations are greatly appreciated.

TEAM DIVISIONS (Graduation Years):

- 2003 to 2007
- 1998 to 2002
- 1993 to 1997
- 1992 and earlier

SCORING: A team score will be gained by finishing **TWO** males and **TWO** females per division, and, as in cross-country, low score wins. Times will be handicapped according to the following scale:

The **2003-2007 Team** will be awarded their **actual** times. The **1998-2002 Team** will be awarded a bonus of **-:10 seconds** per finisher, the **1993-1997 Team** will be awarded a bonus of **-:20 seconds** per finisher, and the **1992 and Earlier Team** will gain a **-:30 second** bonus. Coaches will be placed based on their first year of coaching in Stoneham OR by team need.

REGISTRATION: Any athlete who competed and/or coached in at least ONE FULL SEASON of cross-country, indoor track or outdoor track is welcome to compete in the SHS Alumni Challenge. Please complete and sign the information below and return to:

Kevin Norton
SHS XC Challenge
219 Hancock Street
Everett, MA 02149

Additional questions may be directed to Kevin Norton at kbn1084@yahoo.com or Jerry Bailey at linden9433@gmail.com.

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Name: _____ Year of Graduation: _____ M or F: _____
Street: _____ Apt. #: _____
Town/City: _____ State: _____ Zip: _____

WAIVER: I understand that running and racing are potentially hazardous activities. I will not enter the SHS XC Challenge unless I am medically able to compete. I further realize that participation in the SHS XC Challenge very well may include, but is not limited to, falls, contact with other runners, and the effects of any adverse weather conditions. I understand that the race course is over uneven terrain and is true cross-country, and do assume all risks associated therein. Having read this waiver, I, for myself and anyone entitled to act on my behalf, do waive and release the race organizers, volunteers, workers, and sponsors from any and all rights and claims for damage, injury, and/or illness that may arise due to my participation in the SHS XC Challenge. I grant permission to all of the foregoing to use any photographs or record of this race for legitimate purposes and certify my compliance with my signature.

Signature: _____ Date: _____