



**USATF ADIRONDACK ASSOCIATION  
Open & Masters 5 km XC Championship  
OFFICIAL TEAM ENTRY FORM**

Sunday, October 17, 2010  
Saratoga Spa State Park

**Note: All team members must be individually registered.**

Team Name: \_\_\_\_\_ USATF Club Number: 03-\_\_\_\_\_

Contact Name: \_\_\_\_\_

Daytime Phone Number: \_\_\_\_\_

**USATF ADIRONDACK TEAM CHAMPIONSHIP**

**INDIVIDUAL'S NAME                      USATF NUMBER                      BIB NUMBER**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_

**TYPE OF TEAM - PLEASE CHECK ONE**

**As per USATF Team Scoring Rule 7.5 page 22, USATF 2010 Competition Rules,  
teams will be scored by place.**

- |  |                         |  |                         |
|--|-------------------------|--|-------------------------|
| <input type="checkbox"/> Open Women          | 3 to 5 runners; 3 score | <input type="checkbox"/> Open Men          | 5 to 7 runners; 5 score |
| <input type="checkbox"/> Masters Women 40-49 | 3 to 5 runners; 3 score | <input type="checkbox"/> Masters Men 40-49 | 5 to 7 runners; 5 score |
| <input type="checkbox"/> Masters Women 50-59 | 3 to 5 runners; 3 score | <input type="checkbox"/> Masters Men 50-59 | 5 to 7 runners; 5 score |
| <input type="checkbox"/> Masters Women 60-69 | 3 to 5 runners; 3 score | <input type="checkbox"/> Masters Men 60-69 | 3 to 5 runners; 3 score |
| <input type="checkbox"/> Masters Women 70+   | 3 to 5 runners; 3 score | <input type="checkbox"/> Masters Men 70+   | 3 to 5 runners; 3 score |

**Note: In order for your USATF club team to be scored, all of your team members must be registered in the race by Thursday, October 14th and this form must be received by USATF Adirondack no later than Thursday, October 14th by Noon.**

Please deliver to:

USATF Adirondack    PO Box 1200    Troy NY 12181-1200    Fax (518) 273-0647    [bruce@usatfadir.org](mailto:bruce@usatfadir.org)