



1979 Men's & Women's Natl. AAU Masters X-C Championships & PA-AAU MASTERS CHAMPIONSHIPS

DATE & TIME(S): Sunday, Nov. 11, 1979—There will be two (2) separate races: 9:00 a.m.—Masters Women (Natl. & PA-AAU Championships); 10:00 am—Masters Men (Natl. & PA-AAU Championships).

LOCATION: Crystal Springs International X-C Course (10-Kilometers, all races), Belmont, CA (European-style course) . . . see map. Course maps will be available at Meet HQ & at course on raceday. All hard-packed dirt roads & trails; rolling terrain for entire distance with several challenging hills. (international style). A real cross-country course! Spikes (short) or waffle-type flats advised if course is wet . . . otherwise regular flats are probably sufficient.

SANCTIONED BY: Pacific Ass'n of the A.A.U. **SPONSORED BY:** West Valley Joggers & Striders

ENTRIES/REGISTRATION: (A) OPEN TO all registered Masters A.A.U. athletes with 1979 card . . . number must be noted on entry blank and presented at checkin. Foreign entrants must secure a valid travel permit from their amateur governing sports body . . . these athletes will compete as 'guests' and will not be eligible for any "Championship" awards. A.A.U. cards may be obtained thru all District A.A.U. Offices . . . Pacific A.A.U. address: 942 Market St., #201, San Francisco, CA 94102 (Ph. 415/986-6725); \$4.00.

(B) ENTRY DEADLINES: All entrants are encouraged to enter early! To avoid a \$2.00 Late Fee (applicable to all races), your entry must be received by us no later than midnight, Nov. 5. We are not responsible for postal delays. Team Declarations must be finalized with us by this date also. No changes in team lineups after Nov. 10. For National Championships—Maximum of 8 per team ("A" and "B" teams must be declared . . . any team entering more than 8 without declaring who will score is ineligible for team scoring). For PA-AAU Championships—No declarations necessary unless club enters more than one team.

(C) FEES: National Championships —Each entrant shall pay a \$3.00 entry fee. Entrants in Natl. Championships will automatically be entered in PA-AAU Championships if they are registered in the District (no additional fee). PA-AAU Championships —Each entrant shall pay a \$2.00 entry fee.

(D) CHECK-IN TIME: All participants must pick up their 'tags' and other entry information at one of two places—Pre-Entries may check in at the Meet HQ . . . Holiday Inn, Belmont . . . on Friday evening after 6 p.m., or Saturday. Late Entries, as well as pre-entries, who check in on raceday, should go directly to the race course . . . registration will begin shortly after 7:15. You should check in not later than 15 minutes before the start of your race, but preferably earlier. In the event of inclement weather, registration will be at the course in a mobile unit. Again, please **ENTER EARLY**. We do not want your \$2.00 Late Fee . . . we do want your entry by Nov. 5 for ease of registration.

FACILITIES: Drinking fountain & several co-ed 'porta-toilets' are located near the entry gate (see map). No changing facilities. . . come dressed to run. No showers. Parking:—There is limited parking on residential streets in the vicinity of the course along Hallmark Dr. and nearby streets. Please do not block anyone's driveway or otherwise inconvenience local residents. Please do not litter the area. . . there are litter cans at several locations on the course. Please use them! Thank you for your cooperation in helping all of us keep our privilege of using this excellent course.

AWARDS PRESENTATION: Awards will be presented following each race (as soon as complete results are tabulated) at the race course. In the event of inclement weather, an alternate site will be available (announced on raceday).

COURSE INSPECTION: Guided Tours of the course at the following times: Saturday at 1 pm, 3 pm, & 4 pm; Sunday at 8:30 am. If you wish to personally inspect the course at another time, feel free to do so. . . maps available at Holiday Inn from Friday evening onward, or at race course on Sunday. Note: since local High Schools and Junior Colleges will be holding competition on Thursday, Friday and Saturday prior to our race, please use discretion during your post raceday workouts.

SCORING: (A) The first 5 finishers for each team (in each event) will score. In all races, team placing shall be determined by adding the finishing times of each team's scoring member(5). Lowest cumulative team time determines champions in all races. (B) In the event of a tie, the team that finishes all five scoring members first shall be declared the winner.

AWARDS: (Note:—Foreign athletes not eligible for A.A.U. Championship awards unless registered with the A.A.U. Only PA-AAU registered athletes are eligible for PA-AAU Championship awards.)

(A) All finishers in all races will receive an appropriate ribbon, to be mailed with results (within 30 days of race).

(B) National Masters Championships (Men & Women)—Birthdate on raceday determines your division.

1. Individuals—Standard National A.A.U. Championship individual medals (gold, silver, bronze) to top three finishers in each age division: 40 & Over, 50 & Over, 60 & Over, 70 & Over. National Championship patch to winner in each age division. (Only 40 & Over and 50 & Over in women's division.)

2. Teams—Standard National A.A.U. Championship team medals (gold, silver, bronze) to scoring members of top three teams in each age division: 40 & Over, 50 & Over. National Championship patches to scoring members of winning teams in each age division. Scoring rules above.

(C) PA-AAU Championships—Masters Men; Masters Women.

1. Individuals—Masters division. Standard PA-AAU Championship medals (gold, silver, bronze) as follows: Men, 40 & Over, Top 6; Men 50 & Over, Top 3; Masters Women—top 3. PA-AAU Championship patch to winner of each division.

2. Teams—(40 & Over). Standard PA-AAU Championship medals to scoring members of top teams, as follows: Masters Men—3 teams; Masters Women—1 team. PA-AAU Championship patches to scoring members of winning teams.

ADDITIONAL FORMS: Additional entry blanks may be obtained by sending a self-addressed, stamped envelope to: Dick Barrett, 659 Charmain, Campbell, CA, 95008, Phone (408) 374-2232 or R. Bryan, PA-AAU LDR Chairman, 1081 Beach Park Blvd., #214, Foster City, CA, 94404, Phone (415) 574-5229. Photocopies of this form are acceptable. All entries must be on this form (see reverse side). All team declarations should be made on this form, for National Championships. Team members should fill out individual entry as well.



1101 SHOREWAY DRIVE, BELMONT, CALIFORNIA PHONE (415) 591-1471

Holiday Inn
MARINE WORLD

MEET HQ

SPECIAL RATES: To receive these rates, you must either send in reservations on this form, or mention the Championships . . . Singles—\$33; Doubles—\$36; Extras—\$4. These rates apply also to families & friends of competitors. **MAKE YOUR RESERVATIONS EARLY** as we only have a limited number of rooms blocked. Rooms are held until 6 pm unless reservation is guaranteed or accompanied with first night's deposit. If delayed, a phone call will hold room for a reasonable time.

Hotel Reservation Form

Name _____

Address _____ City _____ State _____ Zip _____

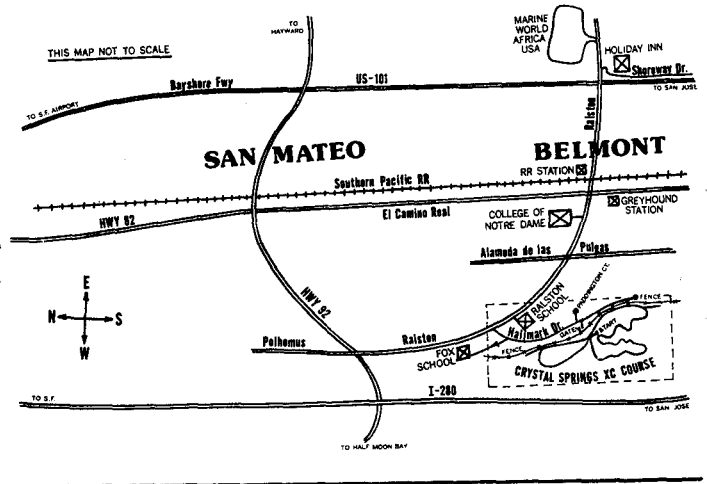
Reserve _____ Singles _____ Doubles _____ Twins—for _____ days

Will Arrive (Date/Time/Carrier) _____

Will Depart (Date/Time) _____

Hospitality Room: Open Friday (6 pm) & most of day Saturday . . . probably Room #101. Light refreshments. You may pick up your registration information here thru Sat. (at race on Sunday).

Shuttle Service: Call Holiday Inn when you arrive at airport & you will be picked up. You will also be taken back upon leaving. Limited shuttle service to the course will be available . . . Course is about 4 miles west of Holiday Inn off Ralston Ave. (See map above for location)



ENTRY FORM - All entries must be made on this form or photocopy of same . . . mail entries to: AAU X-C Championships, c/o Dick Barrett, 659 Charmain, Campbell, CA, 95008 . . . PLEASE ENTER BY NOV. 5 (see reverse)

WAIVER: (All individual entries must fill out 'individual entry form' below and sign waiver, even if you are running on a team.) In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against the persons and organizations affiliated with this race, the AAU, the officials, the City of Belmont & the County of San Mateo, and the San Francisco Water Dept., their successors, representatives, and assigns, for any and all injuries suffered to me while traveling to or from, or while competing in the AAU Championships, Nov. 11, 1979 at the Crystal Springs X-C Course, Belmont, Calif. I further attest that I am physically fit and have sufficiently trained for competition in this event, and my physical condition has been verified by a licensed medical doctor (except where the latter is in violation of religious principles)."

Date _____ Signature of Participant _____

INDIVIDUAL ENTRY BLANK: All participants in all races must fill out the individual entry form below. Teams must be declared by team captain by Nov. 5th in boxes at right. Those teams with more than 8 entries and not declared by that date will be scratched from team competition. Please complete blank in its entirety . . . incomplete blanks returned.

PLEASE CHECK WHICH RACE/DIVISION YOU WILL COMPETE IN: All PA-AAU runners will automatically be entered in PA-AAU Championships upon paying Natl. entry fee. . . no additional fee.

- RACE #1 WOMENS CHAMPIONSHIPS
 - PA-AAU 40+ _____ 50+ _____
 - NATIONALS 40+ _____ 50+ _____
- RACE #2 MENS CHAMPIONSHIPS
 - PA-AAU 40+ _____ 50+ _____
 - NATIONALS 40+ _____ 50+ _____ 60+ _____ 70+ _____

NAME (Print) _____ AGE ON 11/11/79 _____

ADDRESS _____ 1979 AAU# _____

CITY _____ STATE _____ ZIPCODE _____

DATE OF BIRTH _____ *TEAM AFFILIATION (NATL.) _____

PHONE NUMBER _____ *TEAM AFFILIATION (PA-AAU) _____

*Note: A Master may compete in National Championships and for his/her club in PA-AAU Championships (same race). —We are also aware of Natl. Rule 250, LDR-3.d, pertaining to running for more than one team at National level . . . for ease of administration, declare a runner for one team only, please, in the National Championships!

_____ LIST HAS BEEN CHECKED WITH LOCAL AAU _____

DECLARE TEAMS BY NOV 5!

TEAM NAME: _____

*CHECK ONE BOX BELOW: Write the word "Women" or "Men" in appropriate box below. If PA-AAU & Natl. teams are identical, check two appropriate boxes—otherwise use two separate sheets.

DIVISION	MEN/ WOMEN	CLUB NAME
PA AAU 40+		
NATL 40+		
NATL 50+		

TEAM DECLARATION (Age on Date of Race)	
NAME (First, Last)	AGE
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

(Team Captain Signature)