

# **45th ANNUAL SPENCERVILLE ALL-COMERS CROSS COUNTRY MEET**

DATE: **Thursday August 18, 2022**, 6:00 PM.

LOCATION: Behind Spencerville High School, 600 School St, Spencerville, OH 45887, 1 block south of State Route 117 on the east side of town, 15 miles west of Lima, Ohio. The races are run on a flat grass course.

INSTRUCTIONS: Pay entry fees and register for races starting at 5:00 PM. Each runner must sign up on separate sheets for each race they will be entered in. **All 5000 meter runners must sign up on the Open 5K sheets even if you are also on a team.** To be considered for team awards, the team members must be determined before the race starts and a team score sheet must be filled out and turned in after the race. 220 total runners ran in 2021.

ENTRY FEE: **\$2.00 total to enter all eligible races.** (Max. of 2 races each- the 1 mi Age Group & 5K)

## TIME SCHEDULE:

6:00---Boys 13 & Under age group 1 mile. Record -5:13 1995 Zac Graham, Greenville (42 ran in '21)

6:15---Girls 13 & Under age group 1 mile. Record - 5:45.2 1999 Sunni Olding, Minster (20 ran in '21)

6:30---3 age groups together: Male and female ages 14-29, 30-39, 40+up 1 mile.

Records: Male- 4:42.3, 4:59.8, 5:04.9. Female- 5:50, 7:19, 7:01.8 (11F & 17M ran in 2021)

6:45---Female Open 5000 Meter Run, all ages, one group, 3.1 miles. (50 ran in 2021, 3 teams)

Record - 18:20.5 2003 Sunni Olding, Minster.

7:30---Male Open 5000 Meter Run, all ages, one group, 3.1 miles. (87 ran in 2021, 7 teams)

Record - 15:26 1989 Kevin Rigg Columbus Grove (Miami Univ.).

PLEASE RECORD YOUR TIME & NAME ON FINISH CARD & TURN IT IN AS A BACKUP

AWARDS: Ribbons to places 1 through 6 in all 1 mile races; Medal to 1st and ribbons to places 2nd through 6th male and 40th female in the 5000 meter races, and ribbons to the top 6 teams (5 to 7 members) in the 5000 meter races. One participation ribbon to anyone who does not receive another ribbon. No awards will be mailed, arrange to pick up awards before leaving.

**Web site** for entry form and results: [spencervillerunning.weebly.com](http://spencervillerunning.weebly.com)

MEET DIRECTOR: Brian McMichael, 221 Michael St., Spencerville, Ohio 45887. Phone: 419-647-6433, email: [bcmспен@hotmail.com](mailto:bcmспен@hotmail.com) Cell: 419-204-3148

COACHES - make copies of this form for each of your team members. You can send entries with fees so they arrive by Mon. Aug. 15, or register on meet day. You can also email your registration information by Aug 15 **and bring the signed completed entry forms and pay on race day** (send Name, Age, Birth date, M-F, City, 5k team name, races entering) to save standing in line entering each race on race day.

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## **FILL OUT THE FORM BELOW AND BRING WITH YOU WHEN YOU REGISTER FOR THE RACES**

PLEASE **PRINT NEATLY!** **SPENCERVILLE ALL-COMERS CROSS COUNTRY MEET 2022**

on Aug. 18

NAME \_\_\_\_\_ AGE \_\_\_\_\_ CIRCLE: MALE FEMALE

ADDRESS \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

If in school, school name: \_\_\_\_\_ Email: \_\_\_\_\_

If on a team in a 5000 meter race, list your team name: \_\_\_\_\_

(You need at least 5 members to form a team)

Check all races you are entering:

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
mm/dd/yyyy

\_\_\_\_\_ Boys 13 & Under 1 mile

\_\_\_\_\_ Girls 13 & Under 1 mile

\_\_\_\_\_ Male and Female 14-29, 30-39, 40+Up 1 mile

\_\_\_\_\_ Female Open 5000 Meter run

\_\_\_\_\_ Male Open 5000 Meter run

\_\_\_\_\_  
Race No.-Official use only

Entry Fee to be paid when registering (non-refundable) \$2.00 covers entry into all races.

In submitting this entry I waive and release all rights and claims for damages I may have against Brian McMichael, Spencerville Schools, race staff, and promoters for any injuries suffered and/or disease obtained in this event. I attest that I am physically fit and sufficiently trained to participate in this event and have full knowledge of the risks involved.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

(PARENT SIGNATURE NEEDED IF UNDER 18)