

## CROSS COUNTRY MEET #26

Sanctioned by USA Track & Field  
24-42-152925



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**DATE:** Saturday, September 21, 2024

**LOCATION:** John B. Robert Dam / Bear Canyon Arroyo  
On Juan Tabo NE between Montgomery and Spain.

**MEET DIRECTOR:** Carl Brasher

**ENTRY DEADLINE:** Tuesday, September 17, 2024 - 8:00 PM  
**\*\*NO LATE ENTRIES!**

**NM Team Entries can use Athletic.net or email Hy-tec Team Manager entry file to: [aattrack@aol.com](mailto:aattrack@aol.com)**

**Out of State and Unattached Entries use Athletic.net.**  
Turn in all team and unattached athlete USATF Combined Participant Waiver Forms and entry payments at the packet pick up.

**MAKE CHECKS PAYABLE TO:** Albuquerque Athletics Track

**REQUIREMENTS:** All participating athletes (Adults & Youths) must submit a signed USATF Combined Participant Waiver Form and have a valid 2024 USA Track & Field membership. Purchase at USATF.ORG.

**ENTRY FEE:** \$7.00 Per Athlete \*Returned check fee \$40

### **DIVISIONS:**

8 & Under Division (2016 & younger)	15-16 Division (2008-2009)
9-10 Division (2014-2015)	17-18 Division (2006-2007)
11-12 Division (2012-2013)	Open (Ages 19-29)
13-14 Division (2010-2011)	*Masters (Ages 30 & Up)
	*5 Year Increments

**AWARD RIBBONS:** 1st through 6th Place for individuals.

### **SCHEDULE OF EVENTS**

Packet Pickup - 7:30 AM  
Course Opens - 7:30 AM  
Coaches Meeting - 8:00 AM  
Course Closes - 8:10 AM  
First Call - 8:15 AM  
First Race - 8:30 AM  
Events on a rolling schedule.

### **ORDER OF RUNNING EVENTS**

#### **5K RUN**

Combined All;  
15-16 Girls & Boys  
17-18 Women & Men  
All Open & Master Age Divisions

#### **4K RUN**

13-14 Girls & Boys  
Will be run simultaneously with the 5K Run

#### **2K RUN**

8-Under Girls than Boys

#### **3K RUN**

9-10 Girls than Boys

#### **3K RUN**

11-12 Girls than Boys

**COURSE & PARKING MAPS:** Course and parking maps available at [AATTRACK.COM](http://AATTRACK.COM). The course will be open 7:30 AM to 8:10 AM for athletes/teams to walk the course on their own. The course will be closed and cleared at 8:10 AM for the first race.

**PARKING:** Hope Church, 4710 Juan Tabo NE at Manitoba, 200 yards south of the dam is the designated parking lot. Additional parking is available on Manitoba at Hope Church and the dirt parking lot at the base of the dam. Do not park on neighborhood streets or in business parking lots surrounding the dam. Vehicles will be towed at owners expense. See the parking map.

**FACILITIES:** Concession stand and portable restrooms available on site.

No vending, pets, drones or other sporting items allowed.



# PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Bib # \_\_\_\_\_

Event Name: **AAT CC Meet #26**

Event Date(s): **09-21-24**

Event Location: **John B. Robert Dam - Albuquerque, NM**

Sanction #: **24-42-152925**

For and in consideration of USA Track & Field, Inc. ("USA Track & Field" or "USATF") allowing me, the registrant, to participate in the USA Track & Field sanctioned event I am registering for herein (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- I hereby represent that (i) I am at least eighteen (18) years of age (or this Agreement is also agreed to by my parent, natural guardian, or legal guardian (the "Guardian")); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.
- I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sports of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease (including communicable disease), permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers (as defined in Section 4 below); and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions or the actions or inactions of others participating in or organizing the Event, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties (as defined in Section 4 below).
- I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competition Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
- I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties, as relevant and applicable in each instance: USATF, its members, clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the event directors, the host organization and the facility, venue and property owners or operators upon which the Event takes place; and any other organizers, promoters, sponsors, advertisers, coaches and officials for this Event; law enforcement agencies and other public entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which may be incurred as the result of such claim, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties, as relevant and applicable in each instance.
- As a condition of my participation in the Event, I hereby grant USA Track & Field, the event director and host organization a limited license to use my name, likeness, image, photograph, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any media platform or format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, USATF, or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent.

I hereby warrant that I (or the Guardian, if I am under the age of 18) am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by accepting it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have accepted this Agreement without any inducement, assurance or guarantee, and intend for my acceptance to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

If the participant is under the age of 18, the Guardian hereby agrees to release and discharge the Released Parties as follows: a) The Guardian acknowledges and understands that the Event is inherently dangerous and represents an extreme test of a person's physical and mental limits. Further, the Guardian acknowledges and understands the Risks, as defined above. b) The Guardian acknowledges the rights waived by both the Guardian and the participant by accepting this Agreement. c) The Guardian acknowledges that the Guardian will indemnify the Released Parties from any and all Liability which may arise out of, result from, or relate in any way to the participant's participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties.

Participant Name (or Guardian): _____	Age: _____	Date of Birth: _____/_____/_____	Male	Female
Minor Name #1: _____	Age: _____	Date of Birth: _____/_____/_____	Male	Female
Minor Name #2: _____	Age: _____	Date of Birth: _____/_____/_____	Male	Female
Minor Name #3: _____	Age: _____	Date of Birth: _____/_____/_____	Male	Female

Home Address: \_\_\_\_\_ Home Tel.: (\_\_\_\_) \_\_\_\_\_

Team Name \_\_\_\_\_ Email Address \_\_\_\_\_

X \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Signature of Participant or Guardian Date Signed

Revised 5/2020

All participating athletes must have a current USA Track & Field membership and by submitting entry into this meet the participating athlete, coach, parent, legal guardian if athlete is under 18 certify that the athlete has a current USATF membership and has also submitted a signed USATF Combined Participant Waiver form for the athlete. The athlete, coach, parent, legal guardian if athlete is under 18 understand that the athlete should seek the advice and approval of their personal physician before participating in this meet. Albuquerque Athletics Track Team, Inc. (AAT) are not responsible for any injuries traveling to or from, competing in, or attending this meet and is not responsible for any lost or stolen items. Athlete participation in this meet confirms that I, for myself, the parent or legal guardian, do hereby agree to save, indemnify and keep harmless, release, waive, discharge the Albuquerque Athletics Track Team, Inc., its owners, coaches, officers, employees, agents, volunteers, meet officials and authorized guests against all liability, claims, court costs, legal fees, judgments or demands for damage arising from accidents, injuries, or death of the above athlete(s), athlete(s) family members or property.



## AAT Cross Country Courses at Bear Canyon Open Space

GPS-enabled maps (including elevation data) are available online through Google Maps. All imagery and map data were obtained from Google Earth.

[interactive maps](#)



updated 2023





# AAT Cross Country Course – 2 km

at Bear Canyon Open Space

[interactive maps](#)





# AAT Cross Country Course – 3 km

at Bear Canyon Open Space





# AAT Cross Country Course – 4 km

at Bear Canyon Open Space





# AAT Cross Country Course – 5 km

at Bear Canyon Open Space

