

MICHIGAN A.A.U. CROSS-COUNTRY CHAMPIONSHIPS

Sponsored by the Motor City Striders

Sanctioned by the Michigan A.A.U.

Rouge Park - Detroit, Michigan

Sunday, November 16, 1975 - 10:00 a.m.

ELIGIBILITY: Open to all registered amateur athletes.

AWARDS: 17 yrs. & under - Michigan AAU Championship medals for places 1 through 10.

18 yrs. to 39 yrs. - Michigan AAU Championship medals for places 1 through 10.

40 yrs. & older - Michigan AAU Championship medals for places 1 through 5.

Team Awards: High School Division - To the high school whose first five to finish score the least number of points.

AAU Division: To the registered AAU team whose first five to finish score the least number of points.

Coaches in both divisions must submit in writing before the race the names (no more than 7) of their official team entries.

DISTANCE: 17 and under - 3 miles: 18 and over - 6 miles.

COURSE: Detroit Public Schools High School Cross-Country Course - Joy Road and Spinoza Drive.

ENTRY FEE: \$2.00 per entrant must be submitted with registration number to be accepted. All post entries will be \$3.00. Please make checks payable to the Motor City Striders.

ENTRIES CLOSE: Wednesday, November 12, 1975, with Roger Johnson, Race Director, 3104 Ninth, Wyandotte, Michigan 48192  
Phone: 285-2337

REPORTING: Contestants should report to the race director at Joy Road and Spinoza no later than 9:30 a.m. The 17 and Under race will begin at 10:00. The 18 and Over race will begin at the conclusion of the Junior Race.

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OFFICIAL ENTRY FORM

Dear Sir:

Please enter me in the Michigan A.A.U. Cross-Country Championships. In consideration of your acceptance of this entry, I, intending to be legally bound do hereby for myself, my heirs, and assigns, waive all claims to damages which I might have against the Motor City Striders, the Michigan Association A.A.U. of U.S., the City of Detroit, the Detroit Parks and Recreation Department, the Committees in Charge, their representatives and assigns for all injuries or damages by me at said Cross-Country Championships described on this entry form.

PRINT NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE OR PROVINCE \_\_\_\_\_ ZIP \_\_\_\_\_  
AFFILIATION \_\_\_\_\_ AAU REGISTRATION # \_\_\_\_\_  
SIGNATURE \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
AGE DIVISION: (Check one only) Are you competing on an official team?  
 17 & under  Yes  No  
 18-39  
 40 & over  
Team Name (or High School): \_\_\_\_\_