



**SEND ENTRIES TO  
REGIONAL COORDINATORS BELOW:**

**Northeast**

Marty Lewis  
New York City Public Schools Athletic League  
Commissioner of Cross Country and Track  
South Shore High School  
6565 Flatlands Ave.  
Brooklyn, NY 11236  
(212) 531-4454

**South**

Max Mayo  
National Coordinator  
270 Spaulding Circle  
Athens, GA 30605  
(404) 353-6923 or (404) 353-7143

**Midwest**

Peter Henkes  
Editor  
The Wisconsin Runner  
1431 Carlisle Ave.  
Racine, WI 53404  
(414) 634-8603 or (414) 633-5700

**West**

Bill Cockerham  
Editor  
California Track & Running News  
P.O. Box 6103  
Fresno, CA 93703  
(209) 264-5847

**Women's Advisor:**

Susan Russ  
The Harpath Hall School  
3801 Hobbs Rd.  
Nashville, TN 37215

**Coordinating Headquarters:**

Jim Keller/Laura Rittenhouse  
Ruder Finn & Rotman  
110 E. 59th St.  
New York, NY 10022  
(212) 593-6352 or (212) 593-6340

# 1984 KINNEY CROSS COUNTRY CHAMPIONSHIPS

Sponsored by  
Kinney Shoe Corporation  
Sanctioned by  
The Athletics Congress





The Kinney Cross Country Championships are open to high school students (male and female) who have been running competitively during the 1984 season. They will have an opportunity to compete in one of four regional qualifying meets leading to the National Championships in San Diego, California on Saturday, December 8, 1984.

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<b>South</b>	McAlpine-Greenway Park Charlotte, North Carolina	<b>Nov. 24</b> 11:00 a.m.
<b>Northeast</b>	Van Cortlandt Park New York, New York	<b>Nov. 24</b> 11:00 a.m.
<b>Midwest</b>	Johnson's Park Racine, Wisconsin	<b>Nov. 24</b> 11:00 a.m.
<b>West</b>	Woodward Park Fresno, California	<b>Dec. 1</b> 10:00 a.m.

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### **FINALISTS:**

The top eight finishers in each of the male and female races at the qualifying meets will be sent to the finals. Each of these runners will compete in the finals as unattached individuals.

### **REGIONAL MEET INFORMATION:**

The course at all the meets will be 5000 meters (3 miles, 188 yards) and will cover a variety of running surfaces. If the number of entries warrant, two separate races will be run with seeding determined by previous best times.

### **AWARDS:**

Special Kinney Cross Country trophies will be awarded to the male and female champion in each region.

Gold medals will be awarded to the top eight individual finishers in the male and female races in each region. Gold medalists will be honored as the "First Team All Region" and sent to the National Championships.

Silver medals, honoring the "Second Team All Region," will be awarded to the ninth through sixteenth place finishers. The seventeenth through twenty-fourth individual male and female finishers will be awarded bronze medals as "Third Team All Region." Bronze medals will also go to the top 24 finishers in unseeded competition (where applicable).

Interstate competition at each of the four regional meets will also be recognized. The top five individual male and female finishers from a given state will constitute that state's "team." The state's performance will then be scored and awards given to the individuals on the winning and runner-up state teams.

### **T-SHIRTS:**

All competitors will receive competition T-shirts.

### **Following is a listing of the states in each region:**

#### **Northeast**

Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont and West Virginia.

#### **South**

Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, Texas and Virginia.

#### **Midwest**

Arkansas, Colorado, Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, Oklahoma, South Dakota and Wisconsin.

#### **West**

Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington and Wyoming.

### **Note:**

Entrants must compete in the region in which they live.

### **ENTRIES MUST BE POSTMARKED BY:**

Northeast—Nov. 12      South—Nov. 20  
West—Nov. 19      Midwest—Nov. 20

# ENTRY FORM

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## INSTRUCTIONS

*Please complete the entire form on reverse side and mail to appropriate regional address with \$3.00 entry fee. Incomplete forms cannot be accepted.*

- 1) Please print clearly or type all requested information on entry form.
- 2) Entries cannot be accepted without all proper signatures.
- 3) If you desire confirmation of entry, please send a stamped, self-addressed envelope with your signed entry form.
- 4) Please read carefully the waiver information before signing entry form on reverse side.

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## WAIVER

In consideration of this entry being accepted to participate in the 1984 Kinney Cross Country Championships, I hereby for myself, my heirs, executors, administrators and assigns waive and release forever any and all rights or claims whatsoever that I may have against Kinney Shoe Corporation or its representatives, successors or assigns ("Kinney") for any injury that may be suffered by me arising out of or in any way connected with the 1984 Kinney Cross Country Championships and all the related events or activities held in conjunction with these championships. I hereby certify that I am physically fit and have sufficiently trained for the Kinney Cross Country Championships. I also for myself, my executors, administrators and assigns waive and release forever any and all rights, claims and actions of any kind which I may have against Kinney due to or arising out of any personal injury, death or property damage which may occur as a result of my traveling to or from the regional and the national (if selected) meets, as well as any related events and activities. Further, I hereby grant full permission to Kinney to use any photograph, videotape, motion picture, recording or any other record of the event, including any such item that contains my recognizable likeness.

### NOTE:

**Entry form may be duplicated if more than one entrant is to be considered.**

# KINNEY CROSS COUNTRY CHAMPIONSHIPS

Check One Region  NE  MW  S  W

M  F  
Print Name of Entrant Sex of Entrant Age on Race Day Birth Date

Address City State Zip Home Phone

Name of High School Grade School Phone

Name of High School Coach \*Best time for 5,000 meters MIN. SEC. \*Best time for 3 miles MIN. SEC.

\*There is no minimum qualifying time—times are included for seeding purposes only.

## CERTIFICATION STATEMENT

The undersigned hereby certifies that the athlete identified above: 1.) is currently a high school student; 2.) will not have reached his/her 19th birthday before September 1, 1984; 3.) has an individual medical record on file which attests to the fact that he or she is physically sound and fit to compete in this event.

Signature of Physician, Coach, Team Official, Parent or Guardian Date

NOTE: Make check for the \$3.00 entry fee payable to Kinney Cross Country Championships and submit with completed entry form to the appropriate regional address.

**I have read the waiver on the reverse side and by signing below, agree to it.**

Signature of Entrant Date Signature of Parent or Guardian