



MURRAY
PARKS & RECREATION

Fall Youth XC

Murray Recreation Cross Country 2020
focuses on **FUN**, building endurance,
increasing flexibility, improving running
mechanics & competition.

Kids **LOVE** to compete in a positive encouraging
environment created by Coach Walter Watchman!
Join us by registering now! www.mcreg.com

DATES: Sept. 1 - Oct. 9 2020

Orientation Meeting for parents/athletes: Aug 24, 5:00 pm at
pavilion #5.

PRACTICES: Tuesdays, Thursdays & Friday evenings
at 5:00 pm - 6:30 pm.

LOCATION: Murray Park (Meet at Pavilion #5).

COST: Resident: \$40 / Nonresident: \$45

Includes 17 practices, shirt, 2nd annual Hay Day 2K & meets.

Register: www.mcreg.com, at the Recreation Office or Park Center.

REGISTRATION DEADLINE: Aug 17 at 8:00 am.

Questions? 801-264-2614 Coordinator: Leisl Morris

Name _____ Grade _____ School _____

Address _____ City _____ State _____ Zip _____

Parent's Name _____ Cell _____ Email _____

Does the participant have any limitations? _____

Shirt size: YXS YS YM YL YXL AS AM AL AXL (+\$2)

How did you hear about the program: Email Murray Journal From a friend Flyer
Social media Radio Ad Website Previous participant Poster

Photo Release

I hereby give my permission to Murray City, to take photographs, digital images, and/or videos, of myself or of my child (if a minor) when participating in Murray City activities.

I also authorize the City to display the photographs and images on the website, government channel and other media.

Liability Release and Permission to Participate Form on back

Signature (Parent/Guardian if participant is a minor) Date _____



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Date Staff