

GARDEN PLAIN SUMMER TRACK & FIELD SERIES

OPEN MEET – MALE – FEMALE – YOUTH – MASTERS WELCOME

SUMMER 2021

\$5 ENTRY FEE

ALL MEETS THURSDAY EVENINGS, 6PM START

REGISTER BETWEEN 5PM – 6PM

You must be registered to participate in an event. \$5 covers all the events you may want to do.

JUNE 3 RD	JUNE 10 TH	JUNE 17 TH	JUNE 24 TH	JULY 8 TH	JULY 15 TH	JULY 22 ND
100h/110h	100h/110h	100h/110h	100h/110h	100h/110h	100h/110h	100h/110h
40yd dash	40yd dash	40yd dash	40yd dash	40yd dash	40yd dash	40yd dash
1600m	1600m	1600m	1600m	1600m	1600m	1600m
100m	100m	100m	100m	100m	100m	100m
400m	400m	400m	400m	400m	400m	400m
4x100m	4x100m	4x100m	4x100m	4x100m	4x100m	4x100m
	300h/400h		300h/400h		300h/400h	
800m	800m	800m	800m	800m	800m	800m
200m	200m	200m	200m	200m	200m	200m
HJ, LJ, TJ, SP, DT, TURBO JAV	HJ, LJ, TJ, SP, DT, TURBO JAV	HJ, LJ, TJ, SP, DT, TURBO JAV	HJ, LJ, TJ, SP, DT, TURBO JAV	HJ, LJ, TJ, SP, DT, TURBO JAV	HJ, LJ, TJ, SP, DT, TURBO JAV	HJ, LJ, TJ, SP, DT, TURBO JAV

- . Shower & lockers not provided – come ready to compete
- . Meet starts at 6pm SHARP. Come early to register. Registration opens at 5pm
- . To speed up the registration, print & fill out form on page 2 prior to arriving
- . Races will be hand-timed. Results will not be posted.
- . Shoe – Spikes (1/4”) or running shoe only, no cleats
- . All field events will start at 6pm. Turbo will be 400g / Running will start 6:30pm Sharp.
- . Bring your own implements
- . For more information feel free to contact Kevin Hammond at gptrackclub@yahoo.com

Location: Garden Plain High School Track – corner of 295th & Harry

Garden Plain Track Club Summer Track & Field

Participant Name _____ **Age** _____ **Gender** Male or Female

Liability Waiver for Participation

In consideration of your accepting this entry, I understand that the program for which I or my child intends to participate may have some inherent risk of injury because of the activity. As a participant (or on behalf of my child), I agree that, Garden Plain Track Club, The City of Garden Plain, Garden Plain High School, and USD 267 and their employees and representatives shall not be held responsible for any illness or injury to person or damage to property resulting from my (or my child's) participation in the Thursday night summer track series. I here-by, for myself, my child, my heirs, executors and administrators, waive and release any and all rights and claims for damages my child or I may have against Garden Plain Track Club, The City of Garden Plain, Garden Plain High School, and USD 267, and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activities sponsored by these groups. I understand I am responsible for my (and my child's) own medical insurance.

Parent or Legal Guardian must sign for any child, 18 & under.

Signature _____ Date _____

Parent or Guardian

Signature _____ Date _____

Parent Name _____ Emergency Contact # _____