

SRS Track and Field Club Meet

10:00 am Sunday, May 29, 2011

Hosted by SRS Track & Field/New England Thunder

Coe-Brown Academy Track

Route 4

Northwood, NH

\$5.00 per person

Divisions – Youth (Ages 8 – 18)

9:00 am Registration

10:00 am Field Events

10:30 am Running Events

Order of Events - *no limit on number of events*

10:00 – 12:00 Long Jump, Shot Put, Javelin *field events – 4 attempts*

12:00 – 2:00 Discus, Triple Jump, High Jump

10:30 Events follow in order

100M, 50M, 1500M, 100M Hurdles, 400M, 4x100, 800M, 200M, 4x400

Oldest to youngest, girls and boys, all races are final scored on time

Age groups by USATF age rule - athletes compete at the age they are as of 12-31-10

Directions to Coe-Brown Academy

From East: Take Rte. 4 to school on left in Northwood Center. School is about eight miles from Epsom traffic circle.

From West: Take Rte. 4 and Rte. 202 to school on right in Northwood Center

From North: Take I-93 to I-393W, and head east on Rte. 4 to school on right in Northwood Center. (School is about eight miles from Epsom Traffic Circle. Also from Lakes Region take Rte. 28, south to Rte. 107 in Pittsfield, to Rte. 4 and 202 in Northwood. Turn left onto Rte 4 to school on right in Northwood Center.

From South: Take I-93 to I-393W, and head east on Rte. 4 to school on right in Northwood Center. Also from south on Rte. 28 in Suncook to Epsom Traffic Circle, then east on Rte. 4 to school on right in Northwood Center. School is about eight miles from rotary.

For more information: Karyn Fisher, 603-664-6993 or email 5fishers@metrocast.net

ENTRY FORM (PRINT)

Athlete's Name: _____ Sex M / F Birth Date _____ Age (as of 12-31-11) _____

Address: _____

Team: **GRANITE STATE FLASH**

Events (circle): 100M, 50M, 1500M, 100M Hurdles, 400M, 4x100, 800M, 200M, 4x400
Shot, Discus, Long Jump, Triple Jump, Javelin, High Jump

Waiver: In consideration of my entry being accepted, I hereby waive and release any and all rights and claims for damages I may have against SRS Track & Field and any and all other individuals or organizations associated with this meet, for any and all damages or injuries suffered as a result of my participation in this meet. I attest that I am physically fit and in sufficient condition for safe participation in the events in which I complete.

Signature of Athlete

Signature of Parent/Guardian (If under 18)

Date _____

Entries may be mailed to: SRS Track & Field, PO Box 261, Strafford, NH 03884