



2016 Annual Track Meet

Sunday, May 22, 2016

French Field/Kent Meridian High School

10200 SE 256TH ST, Kent, WA 98031

Registration: Athletes may register via CoachO. The deadline to register is Wednesday, May 18 @ 11:59pm. Entry fees are \$6 per event and \$24 per relay. There is no day of registration. **ATHLETES MUST HAVE A COMPLETED WAIVER SIGNED TO PARTICIPATE.** Waivers will be accepted at packet pick-up.

Awards: Ribbons will be awarded for 1st – 6th place for individual events and 1st-3rd for relays. All participants will receive a momento.

Meet Rules:

- **USATF age divisions are based on the calendar year of birth (athlete's age as of 12/31/16).**
- **The 50m and 100m for the 5-6 age division will not be timed; each heat will receive ribbons.**
- **Timed finals will be held in all events except the 100 meter dash; preliminary heats run in the 100 if more than 8 enter. If there are less than 8 competitors the prelims will be the final. Top 8 times advance to the finals.**
- **11-12 age divisions and younger may enter a maximum of 3 events. 13-14 age division and older may enter 4 events**
- **Check-in will be at the start of each event.**
- **Once meet begins, events may begin an hour ahead of schedule.**

Meet Director: Jasmine Andrews goscaa@gmail.com



South Central Athletic Association

MEET SCHEDULE

TIME	EVENTS	AGE GROUPS
	RUNNING	
8:30am	3000 meter	11-12 & up
9:00am	100 meter prelims (5-6 final)	5-6 & up
10:30am	50 meter	5-6
11:00am	1500 meter	7-8 & up
11:30am	100 meter final	7-8 & up
12:00pm	400 meter final	7-8 & up
1:00pm	4x100 meter relay	5-6 & up
1:30pm	800 meter	7-8 & up
2:30pm	200 meter	7-8 & up
3:30pm	4x400 meter relay	7-8 & up
	FIELD	
	9:30am long jump (13-14+) 10:30am long jump (7-8) 11:30am long jump (5-6) 12:30pm long jump (9-10) 1:30pm long jump (11-12)	9:00am shot put (7-8) 9:30am shot put (9-10) 10:00am shot put (11-12) 11:00am shot put (13-14+) 12:00pm discus (11-12+)

Once the meet begins, events may start up to 1 hour ahead of schedule. Time indicates starting time for youngest competitors to oldest, girls will precede boys in each age group.

**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT
Specific Event Waiver Form for Minors (Under Age 18)**

Event Name: _____ Event Date(s): _____
Event Location: _____ Sanction #: _____

For and in consideration of USA Track & Field, Inc. ("**USATF**") and EVENT ORGANIZER NAME ("Event Organizer") allowing the minor identified below to participate in the USATF sanctioned event described above (**the "Event" or "Events"**); I, for myself, and on behalf of Minor, and the Minor's parents/ legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (**the "Agreement"**);

1. I hereby represent that (i) I am the parent or legal guardian of the Minor; (ii) the Minor is in good health and in proper physical condition to participate in the Event; and (iii) the Minor is not under the influence of alcohol or any illicit or prescription drugs which would in any way impair the Minor's ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether the Minor is sufficiently fit and healthy enough to participate in the Event, that I am responsible for the Minor's safety and well being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge the risks and dangers associated with the Minor's participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and will represent an extreme test of the Minor's physical and mental limits. I understand that the Minor's participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizer; and other undefined, not readily foreseeable and presently unknown risks and dangers ("**Risks**"). I understand that these Risks may be caused in whole or in part by the Minor's own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and on behalf of the Minor, I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which may be incurred as a result of the Minor's participation in any Event.

3. I understand that the Minor is required to be familiar with and to abide by the USATF Bylaws, Operating Regulations, and Competition Rules established for the Event, including any safety regulations established for the benefit of all participants. I understand that the Minor is required to be familiar with and to abide by the Event Organizer's policies and procedures established for the Event, including any safety regulations established for the benefit of all participants. I accept sole responsibility for the Minor's conduct and actions while participating in the Event, and the condition and adequacy of the Minor's equipment.

4. On behalf of the Minor, I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc., its Associations and Committees, EVENT ORGANIZER NAME, Inc., Event Directors and Promoters, Sponsors,

Advertisers, Coaches and Officials; Venue and Property Owners upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (**Individually and Collectively, the "Released Parties" or "Event Organizers"**), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("**Liability**") which may arise out of, result from, or relate in any way to the Minor's participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, I, the Minor, or anyone on the Minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and authorized to enter into this Agreement on behalf of the Minor, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the Minor, the Minor's parents/legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Name of Minor: _____ Age: _____
Date of Birth: ____/____/____ Male Female
Home Address: _____
Home Tel.: (____) _____
X _____ / ____ / ____

Signature of Parent/Legal Guardian for Minor Date Signed