

Augustana College USATF All-Age Nancy Kapheim Memorial Outdoor Track & Field Meet Wednesday, June 23, 2010

Meet Site: Augustana College, 639 - 38th Street, Rock Island, IL 61201 **Paul V. Olsen Track**

Meet Director: Frederic Whiteside 309-794-7524 FredericWhiteside@augustana.edu
309-314-1713 (Cell) 309-788-3171 (Home)

Eligibility: Open to all male and female athletes.

Age Groups: Pee Wee born 2002 & later; Bantam 2000 or 2001; Midget 1998 or 1999; Youth 1996 or 1997
Intermediate 1994 or 1995; Young Men & Women 1992 and 1993 or if 2010 HS Graduate
18-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 90-94, 95-99
(Note Pee wee born in 2004 may not compete in events longer than 400 Meters)

Awards: USATF medal plus ribbons (top 6 in each age group for each event.)

Entry Fee: **\$15.00 (unlimited entries)** T-Shirts: **\$10.00** Make Checks to: **Augustana College**

Packet pick up begins at 12 noon at the Augustana College track.

Enter at the meet. Sign up at the field event location or at the start line for each event.

Heats and flights are determined by the number of entries.

USATF Illinois Members receive \$2.00 discount USATF # _____

USATF # not required to compete. Cornbelt Running Club \$2.00 discount

Field Events: (West Field)

12:00 p.m. Weight
1:00 p.m. Shot
2:00 p.m. Javelin
3:00 p.m. Discus

Field Events: (Stadium)

4:00 p.m. Softball Throw
5:00 p.m. Long Jump & Triple Jump
5:00 p.m. Pole Vault
5:00 p.m. Soccer Goal Shooting Race
6:00 p.m. High Jump

Running Events: (Time schedule estimate – it is a rolling time schedule.)

6:00 p.m. 80/ 100/ 110 Hurdles
6:15 p.m. Gregg Newell 1500 Meters
6:45 p.m. 50 Meters
7:15 p.m. 800 Meters
7:45 p.m. 400 Meters
8:00 p.m. 100 Meters
8:30 p.m. 400 Medley Relay 50-50-100-200
8:45 p.m. 2,000 Meter Steeplechase
9:00 p.m. 3,000 Meters

Name _____ Birthday _____ Age _____ Age Group _____ Sex _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ E-Mail _____

Waiver (Must be signed in order to participate)

I know that participating in an indoor track meet is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with competing in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and or humidity, traffic and the conditions of the road, track) all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release Augustana College and all meet officials and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Date

Signature of applicant or parent/guardian, if applicant is under 18 years of age.

Do you have a medical condition or physical limitation which may limit your participation in the event? If so, please tell us in detail how we may we accommay accommodate your special needs: