

USATF Summer 4 x 1600 Relay (1st Annual)

Thursday Evening, July 8, 2004 - 7:30 p.m.

Moakley Park Track, South Boston

Following the growing tradition of Lou's 4 x 1600 Indoor Relay, the Summer 4 x 1600 gives runners of all abilities to team up for a team competition at the new SoBo track and get in a fast mile run. Might we see a few new masters relay records?

Open to men's, women's, and co-ed teams, both Open and Masters. Runners must be at least 14 years old. This relay will run following as part of the South Boston AC youth and open meet. Please check in by 7:00 p.m. If necessary, multiple sections will be run (Fast then less fast) USATF Sanctioned, and hosted by HFC Striders, South Boston AC, and USATF-NE

ENTRY FEE: \$10 per USATF club \$15 pick-up/all-star teams

NOTE: THERE IS A SEPARATE FEE TO RUN THE SOUTH BOSTON DEVELOPMENT MEET INDIVIDUAL EVENTS
Day of event entry accepted, but pre-entry is requested. Runners can be changed on race day

- Club teams must be composed of bona fide members of that club. Pick up teams is any combo of runners
- Club runners should have 2004 USATF Membership
- Prizes for winning Open M & W teams, Masters M & W Teams, and winning co-ed (2m/2w) team

SOUTH BOSTON AC DEVELOPMENT MEET:

5:30: Youth (age 14 and under) events: 100, 400, 800, LJ, TurboJav

7:00: Adult Events: 100, 400, Mile, LJ, TJ, TurboJav, Shot Put

More info: Contact USATF New England (617)566-7600 / office@usatfne.org

The full 2004 Outdoor Season Schedule is available at www.usatfne.org/track

BRING THE BOTTOM PORTION TO THE MEET

The USATF-NE Summer 4 x 1600 Relay Race, Thursday, July 8, 2004

TEAM / CLUB NAME: _____ **Male / Female / Co-ed**

Team contact _____

Email _____ **Phone** _____

Waiver and Assumption of Risk: I understand running can be a potentially dangerous sport. In consideration of acceptance of this entry, I hold harmless USATF New England, the City of Boston, South Boston Neighborhood House, for any and all injuries suffered by me at this event. I have sufficiently trained for this event.

Runner (print name):

1. _____ Age on 7/8 _____ Signature _____

2. _____ Age on 7/8 _____ Signature _____

3. _____ Age on 7/8 _____ Signature _____

4. _____ Age on 7/8 _____ Signature _____