

The George & Whitey King 4 x 1600 Relay



Thursday eve, August 11, 2005 - 7:00 p.m.
Moakley Park Track, South Boston

The George and Whitey King 4 x 1600 lets runners of all abilities team up for a team competition at the new South Boston track and get in a fast mile run. The event recognizes a pair of long time local officials who were also top milers in their day; George, in fact, was on a USA record setting 4 x 1500 relay.

Open to men's, women's, and co-ed teams, both Open and Masters (Minimum age 14)
This relay will run following as part of the South Boston AC youth and open meet.
USATF Sanctioned, and hosted by HFC Striders, South Boston AC, and USATF-NE

ENTRY FEE: \$15 per USATF club \$20 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. Team runners can be changed on race day
2004 Winners: Men Open: HFC Striders, 19:41.7; Men's Masters: HFC Striders, 20:16.4

- Club teams must be composed of bona fide members of that club. Pick up teams are any combo of runners
- Club runners should have 2005 USATF Membership
- Prizes for winning Open M & W teams, Masters M & W Teams, Junior (14-19) and Co-ed (2m/2w) team

SOUTH BOSTON AC DEVELOPMENT MEET:

6:30: Youth (age 14 and under) events: 100, 400, 800, Long Jump, TurboJav

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

To follow: 4 x 1600 Relay

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

The full 2005 Outdoor Season Schedule is available at www.usatfne.org/track

BRING THE BOTTOM PORTION TO THE MEET or return by mail

The USATF-NE Summer 4 x 1600 Relay Race, Thursday, August 11, 2005

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 - all must also sign the waiver):

1. _____ Age on 8/11 _____ Signature _____

2. _____ Age on 8/11 _____ Signature _____

3. _____ Age on 8/11 _____ Signature _____

4. _____ Age on 8/11 _____ Signature _____