

Milford NH High School Youth Spring Track Meets

May 25 and June 1, 2013, 12:00 Noon

This series of developmental meets is for youth **ages 7 through 18** who are interested in gaining experience and guidance while competing in track and field events. Designed to prepare participants for the USATF Junior Olympic track and field championships beginning in June, all athletes are welcome.

Location: Milford High School, 100 West St, Milford, NH 03055

Entry: Pre-entry requested – mail to: **Milford Youth Track Meets, 58 Elm St, Milford NH 03055**

Race Day registration from 11:00 am to 11:45 am

Entry Fee: **\$7.00** per athlete per meet, with \$75 max per boys or girls team (\$ 150 for both).

This registration fee allows an athlete to enter as many events in a meet as they choose.

Please make checks payable to: **Milford H.S. Track.**

Registration Form

Meet Date: _____ Sun. May 25 _____ Sun. June 1

Name: _____ D.O.B _____ / _____ / _____

Address: _____

Phone: _____ Gender: Male _____ Female _____

Email: _____

Emergency Contact Name / Phone: _____

Club: _____

Assumption of Risk and Waiver: I understand that competing in track and field is a potentially hazardous activity. I assume all responsibility for and all risk of damage or injury that may occur to me if I participate in this event. I, hereby, for myself, my heirs, executors and administrators, release any and all sponsors of Milford High School from all claims, damages, rights of action coinciding with my participation in this track meet. I hereby certify that I am physically fit and able to compete in this event.

Participant's signature: _____ Date: _____

If under 18, parent's/guardian's signature: _____ Date: _____

Athlete Name: _____

Event Order and Selection:

Please place a check mark in the box corresponding to each event to be entered.

Check marks should be placed in only one column.

Order of competition for each event is girls then boys.

NOTE: Age groups and boys/girls may be combined in events.

Division: Age reflects birthday by Dec 31st of this year...USATF

- ___ 8 years or under
- ___ 9 & 10 years
- ___ 11 & 12 years
- ___ 13 & 14 years
- ___ 15 & 16 years
- ___ 17 & 18 years

Events

- | | |
|------------------|-----------------|
| ___ 100m Hurdles | ___ High Jump |
| ___ 110m Hurdles | ___ Long Jump |
| ___ 100m | ___ Triple Jump |
| ___ 1500m | ___ Pole Vault |
| ___ 4x100m | ___ Shot Put |
| ___ 400m | ___ Discus |
| ___ 200m Hurdles | ___ Turbo Jav |
| ___ 800m | ___ Javelin |
| ___ 200m | |
| ___ 3000m | |
| ___ 4x400m | |