

Milford NH High School Youth Spring Track Meet

May 31, 2015 12:00 Noon

This developmental meet 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

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 31

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 standard)

_____ 8 years or under

_____ 9 & 10 years

_____ 11 & 12 years

_____ 13 & 14 years

_____ 15 & 16 years

_____ 17 & 18 years

Events

___ 100m Hurdles

___ 110m Hurdles

___ 100m

___ 1500m

___ 4x100m

___ 400m

___ 200m Hurdles

___ 800m

___ 200m

___ 3000m

___ 4x400m

___ High Jump

___ Long Jump

___ Triple Jump

___ Pole Vault

___ Shot Put

___ Discus

___ Turbo Jav

___ Javelin

___ 80m Hurdles