

USATF NM All-Comers Developmental TRACK & FIELD MEET #3

Hosted by Cougar Track Club, Sanctioned by USATF

DATE: Saturday May 12, 2018

LOCATION: Valley High School Track
1505 Candelaria Rd NW, ABQ, 87107

TIME: Running events: 8:00am
Field Events: 8:00am
All events to proceed on a rolling schedule

MEET DIRECTOR: Robert Cutchen
cougartracknm@gmail.com 505 507-4934

ENTRY DEADLINE: Tuesday, May 8, 2018, 9pm

NO LATE ENTRIES ACCEPTED

Entry Fee- \$7 per athlete
Checks payable to "Cougar Track Club"
Payment to be made at check-in table

Send Team Entries to:
cougartracknm@gmail.com
Via Hy-Tek Team Manager
Submit waiver with signatures with entries

Unattached athletes:
Unattached entries will be submitted through
the USATF NM website:
<http://newmexico.usatf.org/Youth/Event-Info---2018.aspx> If you need help, you can contact
Gretchen at gretchen.nm.usatf@gmail.com or
505 908 8996

Every athlete must have a signed waiver
submitted to USATF NM to compete.

AWARDS: 1st through 6th place individual ribbons
AGE DIVISIONS

8&und (2010 & Younger)	17-18YO (2000-2001)
9-10YO (2008-2009)	Open (19-29 Years Old)
11-12YO (2006-2007)	Masters (30 Years and older)
13-14YO (2004-2005)	
15-16YO(2002-2003)	

LIMITATIONS:

8u: 100m, 200m, 400m, 800m, 1500m, 4x100m,
4x400m, Long Jump, Shot Put, Turbo-Jav.

9-10YO: above, plus high jump

11-12YO: above, plus 3000m run, plus hurdles

Racewalk: 1500m for 9-12, 3000m for 13+

8u-12YO: 3 events. **13YO +:** 4 events.

FACILITIES: Concession and Bathrooms available at
the site

EVENT SCHEDULE

Running events:

Rolling schedule following 8 am start

**age groups/genders may be combined*

110m/100m/80m hurdles

3000m/1500m Race Walk

3000m run*

4x100m relay

1500m run*

400m dash

100m dash

Lollipop dash

800m run*

200m dash

4x400m relay

Field events:

Rolling schedule following 8am start

**age groups/genders may be combined*

Long Jump: 2 pits male/female
each will run youngest to oldest

High Jump: youngest to oldest*

Shot Put: youngest to oldest*

Javelin: will begin following shot put

Discus: will begin following javelin

Turbo Jav: youngest to oldest*

All participating athletes must have a valid 2018 USA Track & Field card. The athlete, coach, parent, legal guardian if athlete is under 18 certify that the athlete has a 2018 USATF Track & Field membership.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT



Event Name: Cougar Track Developmental Track Meet

Event Date(s): May 12, 2018

Event Location: Valley High School

Sanction #: 18-42-015

For and in consideration of USA Track & Field, Inc. ("USA Track & Field" or "USATF") allowing me, the registrant, to participate in the USA Track & Field sanctioned event I am registering for herein (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- 1. I hereby represent that (i) I am at least eighteen (18) years of age... (ii) I am in good health... (iii) I am not under the influence of alcohol...
2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous...
3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event...
4. I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties...
5. As a condition of my participation in the Event, I hereby grant USA Track & Field, the event director and host organization a limited license to use my name, likeness, image, photograph, voice, video, athletic performance, biographical and other information...

I hereby warrant that I (or the Guardian, if I am under the age of 18) am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by accepting it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have accepted this Agreement without any inducement, assurance or guarantee, and intend for my acceptance to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement.

If the participant is under the age of 18, the Guardian hereby agrees to release and discharge the Released Parties as follows: a) The Guardian acknowledges and understands that the Event is inherently dangerous and represents an extreme test of a person's physical and mental limits. Further, the Guardian acknowledges and understands the Risks, as defined above. b) The Guardian acknowledges the rights waived by both the Guardian and the participant by accepting this Agreement. c) The Guardian acknowledges that the Guardian will indemnify the Released Parties from any and all Liability which may arise out of, result from, or relate in any way to the participant's participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties.

Participant Name (or Guardian): _____ Age: _____ Date of Birth: ____/____/____ Male Female
Minor Name #1: _____ Age: _____ Date of Birth: ____/____/____ Male Female
Minor Name #2: _____ Age: _____ Date of Birth: ____/____/____ Male Female
Minor Name #3: _____ Age: _____ Date of Birth: ____/____/____ Male Female

Home Address: _____ Home Tel.: (____) _____
Team Name _____ Email Address _____

X _____ / _____ / _____
Signature of Participant or Guardian Date Signed