

2010 Syracuse Chargers All Comers Indoor Meets
 Manley Field House, Syracuse University



Competitors may enter a maximum of three events per meet.

Registration: 7:30 - 8:30 am **Entry Fee:** None *Event is Sanctioned by USATF*

Facility: 200 meter tartan track; pin spikes allowed. No lockers or showers available.
Age Groups: 7 & under; 8-9; 10-11; 12-13; 14-15; 16-17; 18-29 (open); then 5-year age groups.
 Separate men's and women's divisions in all age groups.

Order of Events

Results: Published in the Chargers *Newsletter* and website www.syracusechargers.org

	<u>Sun., Jan. 17</u>	<u>Sat. Feb. 20</u>	<u>Sun. Mar. 21</u>
	shot put then wgt . throw	weight throw then shot put	throws meet
	pole vault*		pole vault*
	1 mile R/RW	2 mile	1 Mile R/RW
	triple jump	long jump	triple jump
	high jump	high jump	high jump
	55HH	55HH	55H
	200m	55m	55m
	1000m	400m	800m
	400m		

Throwers: Please bring your own equipment; 3 throws; elder to younger in competition. **LJ** and **TJ:** 3 jumps. **Hurdlers:** please know your hurdle heights for your age. ***Pole vaulters:** starting at 5 feet, going to 8 feet; a 30 minute break, then continuing on up. **Distance races:** sections, slow to fast.

Questions or to volunteer contact: Meet Information Mark Driscoll mdriscol@syr.edu
PLEASE STAY OFF THE HARDWOOD BASKETBALL COURT
Everyone is welcome to participate!

Syracuse Chargers All Comers Indoor Meet – Dec., 2009 Jan. 17, Feb. 20 and Mar. 21, 2010 Syracuse University

Name: _____ M ___ F ___ Age: _____ Birth date: _____
 Address (Street): _____ Club/School: _____
 City & State _____ Phone: _____
 Guardian's address if different from above: _____

Waiver: In consideration of this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs and executors, and administrators, waive and release any and all rights and claims for damages I may have against the Syracuse Chargers Track Club, Inc., Syracuse University, USA Track & Field, and all other sponsors and their representatives. I attest and verify that I am physically fit and have sufficiently trained for these events. I am aware that the medical support for these meets will be volunteer medical personnel who will be prepared to administer first aid assistance only. I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in Club activities.

I hereby certify that I have read all of the terms and conditions of this release and intend to be legally bound thereby.

Signature of Participant: _____ Date: _____
 _____ Date: _____

(Signature of parent, guardian or coach for all participants age 17 or younger.)