



# Syracuse Chargers

## All Comers Winter Indoor Track & Field Meets 2020

### All meets @ SRC Arena on OCC Campus

Free of Charge and Open to All!

**Meet #1 (SUNDAY 1/12-2020) 9am-11:00am**  
Registration: 8:15-8:50am 1st Running Event starts at 9am

**Meet #2 : SUNDAY 2/9/2020 9am-11:00am**  
Registration: 8:15-8:50am 1st Running Event starts at 9am

One Mile	Triple Jump (14+)	1500m	Triple Jump (14+)
55m	Long Jump (after TJ)	55m	Long Jump (after TJ)
200m	High Jump	400m	High Jump
800m	Shot Put	1000m	Shot Put
4 x 200m	Weight Throw	4 x 200m	Weight Throw

Throwers must bring their own age-appropriate indoor implements.



Name \_\_\_\_\_ M \_\_\_ F \_\_\_ Age \_\_\_\_\_

Club \_\_\_\_\_ Date of Birth \_\_\_\_\_

Home Address (Street) \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Guardian's address (if different from above): \_\_\_\_\_

Emergency contact \_\_\_\_\_ Emergency contact phone # \_\_\_\_\_

**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., Onondaga Enterprises, the Road Runners Club of America 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 medical support for these meets will be volunteers 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 these meets.

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

\_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

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

