



Syracuse Chargers

All Comers Winter Indoor Track & Field Meets 2022

All meets @ SRC Arena on OCC Campus

Free of Charge and Open to All!

Pre-registration available (preferred) through runsignup:

<https://runsignup.com/WinterIndoorTFMeets>

Meet #1 (SUNDAY. 1/9/22) 9am-11:30am

Registration: 8:15-8:55am 1st Running Event starts at 9am

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

Meet #2 : SUNDAY 1/23/22 9am-11:30am

Registration: 8:15-8:55am 1st Running Event starts at 9am

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

Throwers must bring their own age-appropriate indoor implements.



Name _____ M _____ F _____ Age _____

Club affiliation (or "independent") _____ 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.)

