



Syracuse Chargers

All Comers Winter Indoor Track & Field Meet

@ SRC Arena on OCC Campus – Sunday 1/ 7/2024

Free of Charge and Open to All!

High School athletes may compete, but may NOT “represent” their HS’s nor may they wear their HS uniforms!!!

Registration: On- site 9:15–9:55am, 1st Events start at 10am, Field warm-ups start at 9:30am

- 1500 RACE-WALK (Competitors SHOULD have some race-walk experience)
- One Mile Triple Jump (14+ only)
- 55m dash Long Jump (after TJ)
- 55m HH Pole Vault
- 200m High Jump
- 800m Weight Throw
- 1,000m Shot Put (after Weight Throw)
- 4X200 relay

Throwers must bring their own age-appropriate indoor implements AND must assist “taking-down” the cage & barriers

Vaulters must bring their own certified poles AND must assist with “take-down” of PV mats

High Jumpers MUST assist with take-down of HJ mats

Athletes who do NOT assist will NOT have their competition marks recorded!



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.)

