



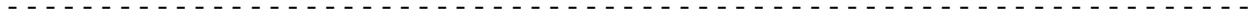
2009 Summer Track Meets

When: Tuesday, June 23th and July 23rd @ 6:30pm **Entry Fee:** 5 dollars

Where: Misericordia University, 301 Lake St, Dallas, PA 18612

Events: 100 meter dash , 200 meter dash , 400 meter dash , 800 meter dash , 1 mile run , 3000 meter run , 5000 meter run

Schedule : **Events will start at 6:15pm**
The event order is the following
6:30pm - 100 meter run female/male
6:45pm - 800 meter dash female/male
7:00 pm - 1 mile run - female / male
7:20 pm - 200 meter dash - female/ male
7:40pm - 3,000 meter run - female/ male (possible combination)
8:00 pm - 400 meter dash - female / male
8:15 pm 5,000 meter run - female /male (possible combination)



Name _____ **Phone** _____

Address _____

City _____ **State** _____ **Zip Code** _____

Age as of 6/23 or 7/23 _____ **Date of Birth** _____

Dates attending 6/23 ___ **7/23** ___

If necessary, I hereby authorize the above-named runner to be treated by any qualified, licensed medical personnel. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Misericordia University and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the personas named in this waiver.

Signature (parent if runner is under 18) _____ **Date** _____

Mail early entries (before 6/16 or 7/16) to:
Chris Wadas
Head XC / T&F Coach
Misericordia University
301 Lake St.
Dallas, PA 18612