

# AUGUSTANA USATF ALL AGE Nancy Kapheim Memorial INDOOR TRACK & FIELD MEET Friday, January 9, 2009

## 6:00 p.m. PepsiCo Recreation Center

Meet Site: **Augustana College PepsiCo Center 30<sup>th</sup> Street & 12<sup>th</sup> Ave. Rock Island, IL 61201**  
 Facilities: (6 Lanes - 200 Meters) Registration begins 3:00 p.m.  
 Parking: PepsiCo and St Anthony's lot 30<sup>th</sup> Street and 9<sup>th</sup> Avenue  
 Meet Director: Frederic Whiteside 309-794-7524 309-314-1713 [FredericWhiteside@augustana.edu](mailto:FredericWhiteside@augustana.edu)

Eligibility: Open to all male and female athletes.  
 Age Groups: Pee Wee born 2000 & later; Bantam 1998 or 1999; Midget 1996 or 1997; Youth 1994 or 1995  
 Intermediate 1992 or 1993; Young Men & Women 1990 and 1991 or if 2008 HS Graduate  
 18-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 90-94, 95-99  
 (Note Peewee born in 2002 may not compete in events longer than 400 Meters)

Awards: Ribbons (top 6 in each age group for each event.)  
**Entry Fee: \$15.00 (unlimited entries) T-Shirts: \$10.00 Make Checks to: Augustana College**  
 Send Entries to: Frederic Whiteside Augustana College Carver PE Center Rock Island, IL 61201

**USATF Illinois Members receive \$2.00 discount USATF # \_\_\_\_\_**  
**USATF # not required to compete. Cornbelt Running Club \$2.00 discount**  
**(Discounts apply to pre registered athletes only.)**

<b>Pole Vault &amp; Long Jump</b>	<b>4:00 p.m.</b>	<b>In the Roy J. Carver PE Center</b>
<b>Field Events:</b>	6:00 p.m.	High Jump 6:00 p.m. Shot (Weight Throw to follow)
<b>Running Events:</b>	6:00 p.m.	Gregg Newell 1 Mile (8 laps)
(Estimated time schedule)	6:30 p.m.	55 Meters Hurdles
(We will go ahead )	7:00 p.m.	55 Meter
	7:30 p.m.	800 Meters (4 laps)
	8:00 p.m.	200 Meters (1 lap)
	8:30 p.m.	2,000 Meters (10 laps)
	9:00 p.m.	3,000 Meters (15laps)
	9:30 p.m.	4 x 400 Meters

Name \_\_\_\_\_ Birthday \_\_\_\_\_ Age \_\_\_\_\_ Age Group \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Waiver (Must be signed in order to participate)  
 I know that participating in an indoor track meet is a potentially hazardous activity. I should not enter and compete 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 event. I assume all risks associated with competing in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and or humidity, traffic and the conditions of the road, track) 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 in my behalf, waive and release Augustana College and all meet officials and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Date \_\_\_\_\_

Signature of applicant or parent/guardian, if applicant is under 18 years of age.

Do you have a medical condition or physical limitation which may limit your participation in the event? If so, please tell us in detail how we may accommodate your special needs: \_\_\_\_\_