





All Comers / All Ages Summer Track & Field Meets 2021 Meet #1 @ Clinton Central HS - Wed June 30th Meets #2 & 3 @ Cazenovia Central HS - Thu July 22nd & Thu July 29th

Registration: 5:00-5:30pm - 5:30pm start

Order of events:

HH (13 & under = 55m / 14 + = 100/110m)

100m

One mile

200m

300H

800m

3000

3000

Long Jump / Triple Jump

High Jump

Pole Vault

Shot Put / Discus

Weight Throw / Hammer Throw

Meet #2 : (Thursday 7/22/2021)

Registration: 5:30-6:00pm - 6:00pm start

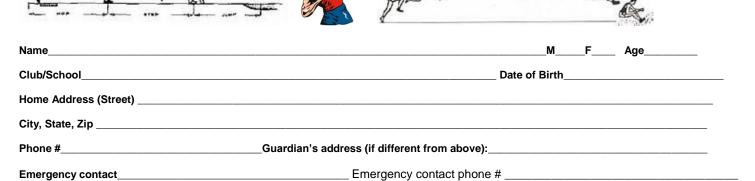
Order of events: Same as meet #1, but no HJ, PV WT or Hammer

Meet #3: (Thursday 7/29/2021)

Order of events: Same as meets #1&2, but no HJ, PV WT or Hammer

Registration: 5:30-6:00pm - 6:00pm start

Throwers must bring their own implements. Vaulters must bring their own certified poles.



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 terr	ms and conditions of this release and intend t	to be legally bound thereby
Signature of Participant:		
	Date:	
	Data	

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