



All-Comer's **TRACK AND FIELD** *Civic Stadium* **2010**

Day/Dates: Mondays, June 14 – August 30, 2010
Fees: \$4/meet
 \$30/season pass (12 meets). Includes t-shirt.
 \$90/season pass for families of 3 or more (12 meets). Includes t-shirt.
Event Entry: May enter an unlimited number of events. Some events may not be appropriate for some ages.
Registration: Day of meet beginning at 5:30pm until meet's conclusion.
Divisions: 4 & under, 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, 19-29, 30-39, 40-49, 50-59, 60 & up.
Awards: Ribbons given to top three finishers in each age & sex division except for jogger's mile & relays. Jogger's mile T-shirts given to those who predict their mile time within 3 seconds.

FIELD EVENTS

RUNNING EVENTS

Discus	All ages	7:30-9pm
Javelin	13 & older	7:30-9pm
Long Jump	7 - 12 (Pit A)	6-7:30pm
	6 & younger (Pit B)	6-7:30pm
	13 & up (Pit A)	7:30-9pm
Triple Jump	11 & up (Pit B)	7:30-9pm
Shot Put	All ages	7:30-9pm
Mini Javelin	12 & younger	6-7:30pm
High Jump	11 & older	6:30pm
	(High jump will start at 3')	
Pole Vault	Pit A Start height 6'	6:30pm
	Pit B Start height 11'	

50m hurdles	6 & under	6pm
50m hurdles	7-12	6:30
50m	7-12	6pm
50m	6 & under	6:30
100m	12 & under	7pm
100m	13 & up	7pm
800m	All ages	7:30
200m	All ages	7:45
Jogger's Mile	7 & up	8:15
400m	All ages	8:30
1500m	7 & up	8:40
4 X 100 Relay	All Ages	8:50
5K	11 & up	8:45

- Open pit during designated times only. Participants receive 3 throws or jumps.
- Pole vaulters must be able to jump on their own safely and start at 6'.
- All times are estimates depending on attendance.

- The 5K will only run the last Monday of the month cancelling the 1500m

Comments or Questions: Please contact Lance Romo at 360.778-7000 or Lromo@cob.org.

All-Comers TRACK AND FIELD Registration Form

Mail or bring registration form to Bellingham Parks and Recreation, 3424 Meridian St, Bellingham, WA 98225 Phone (360) 778-7000
PROGRAM # 22210 PLEASE PRINT CLEARLY

Participant's Name _____ Phone _____ Email _____

Address _____ City _____ State _____ ZIP _____

Birth Date _____ Grade _____ Sex _____ Parent/Guardian Name (print) _____

All participants must sign the following release. Parents or guardians must sign for minors. I/We, realizing no insurance coverage is provided for the participants, will assume financial responsibility for any cost relating to any accident or injury that might occur while participating in above-named program. Furthermore, I will not hold the City of Bellingham, employees, volunteers or anyone otherwise involved in named programs responsible for any accident or injury that might occur. Participants grant the City of Bellingham permission to use photographs, other recordings or personal data for legitimate purposes.

Participant's Signature _____ Date _____

Parent/Guardian Signature _____ Date _____