

All Comers Meets

Presented by Oak Hall Cross Country &
Half-Mile Timing, Inc.

8009 S.W. 14th Avenue,
Gainesville, FL 32607

2009 MEET DATES

July 28th, August 4th, August 11th, August 18th, August 25th

ADMISSION ALL MEETS: PARTICIPANTS-\$5 SPECTATORS-FREE

For any questions or more information e-mail Dusty at halfmiletiming_dusty@hotmail.com

Gates open every week at 6:00p.m. for sign up at Oak Hall upper school

Meet Schedule

July 28th

7:00 60m dash all ages
400m dash 6 & up
100m dash all ages
1600m run 10 & up

August 4th

7:00 60m dash all ages
3200m run 10 & up
200m all ages
800m run 6 & up

August 11th

7:00 60m dash all ages
400m dash 6 & up
100m dash all ages
1500m run 10 & up

August 18th

7:00 60m dash all ages
3000m run 10 & up
200m all ages
800m run 6 & up

Meet Policies:

- All meets will be on a rolling schedule, make sure you get there in plenty of time to warm up and sign up
- When a race is being contested on the track, it is closed for warm up. There will be fully automatic timing so track MUST BE CLEAR when races are being conducted.
- **Parents and coaches:** For the safety of the children, please make sure they are supervised at all times.

Last Name _____ First Name _____

Male ___ Female ___ Date of Birth (MM/DD/YY) ___/___/___

E-mail _____

Street Address _____

City _____ State _____ Zip Code _____

Telephone _____ Emergency Contact Phone _____

I know that running this track meet 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 effect of the weather, including high heat and/ or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. I understand that ipods are not allowed in the race and I will abide by this guideline. 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 Half-Mile Timing, The Oak Hall School and all sponsors, their representatives and successors from all claim or liabilities of any kind arising out of my participation in this event through liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I further grant permission to this race and organization conducting the race and/ or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose.

Signed _____ Date: _____

If under 17, Signature of legal guardian _____