



Tuesday, May 17

Indianola Middle School Athletic Complex Track

**Complete pages 1 & 2 of this form and return to Indianola Parks and Recreation,
 2204 W. 2nd Ave (Hwy 92) no later than Monday, May 16, at 5:00 pm**

PLEASE PRINT

Name: _____ Date of Birth (MM/DD/YYYY): ____/____/____

Address: _____

City: _____ State: _____ Zip: _____

Parent/Guardian Day Phone: _____ Parent/Guardian Cell Phone: _____

Parent/Guardian Email: _____

Emergency Contact and Phone Number (other than listed above): _____

Participants can enter either **TWO TRACK AND ONE FIELD OR TWO FIELD AND ONE TRACK EVENT**.
 The relay does not count as a running event.

Participant will complete in age & gender group according to their age on December 31, 2016 .
 Please check the gender and events you wish to participate in at this meet.

BOYS 6 & under GIRLS 6 & under (born in 2010 or later)
 50 Meter Dash 100 Meter Dash 200 Meter Dash
 4x100 Meter Relay Standing Long Jump Softball Throw

BOYS 7-8 GIRLS 7-8 (born in 2008-2009)
 50 Meter Dash 100 Meter Dash 200 Meter Dash
 4x100 Meter Relay Standing Long Jump Softball Throw

BOYS 9-10 GIRLS 9-10 (born in 2006-2007)
 50 Meter Dash 100 Meter Dash 200 Meter Dash 400 Meter Dash
 4x100 Meter Relay Standing Long Jump Softball Throw

BOYS 11-12 GIRLS 11-12 (born in 2004-2005)
 100 Meter Dash 200 Meter Dash 400 Meter Dash 800 Meter Run
 4x100 Meter Relay Standing Long Jump Softball Throw

BOYS 13-14 GIRLS 13-14 (born in 2002-2003)
 100 Meter Dash 200 Meter Dash 400 Meter Dash 800 Meter Run 1600 Meter Run
 4x100 Meter Relay Standing Long Jump Softball Throw

RELAY TEAM (check gender, age group and list team members)

BOYS 7-8 GIRLS 7-8 BOYS 9-10 GIRLS 9-10 BOYS 11-12 GIRLS 11-12 BOYS 13-14 GIRLS 13-14

1. _____ 2. _____ 3. _____ 4. _____

ATHLETE WAIVER AND RELEASE FROM LIABILITY (To be signed by Parent or Guardian)

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public spectators is prohibited and in addition, consisting of the planned route, or any other area which the participant chooses to access by any mode of transportation), or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the event, EACH OF THE UNDERSIGNED, for himself/herself, his/her personal representatives, heirs, next of kin, acknowledges, agrees and represents that he/she has, or will immediately upon entering any of such restricted areas, and will continuously thereafter, inspect such restricted area or areas and all portions thereof which he/she enters and with which he/she comes in contact, and he/she does further warrant that his/her entry upon such restricted area and that he/she finds and accepts the same as being safe and reasonably suited for the purpose of his/her use, and further agrees and warrants that if, at any time, he/she is in or about restricted areas and he/she feels anything to be unsafe, he/she will immediately advise the officials of such and will leave the restricted area(s):

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Iowa Sports Foundation, d/b/a/ Live Healthy Iowa Kids, its affiliated clubs, organizations and licensed medical professionals, their respective administrators, officers, directors, representatives, agents, coaches, the promoters, hosts, other participants, operators, officials, sponsors, advertisers, owners and leasees of premises used to conduct the event and each of them, their officers, and employees, all for the purposes herein referred to as "releasees", from all liability to the undersigned, his/her personal representatives, assigns, heirs and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or competing, officiating in, observing, or working for, or for any purpose participating in the event;
2. HEREBY AGREES TO INDEMNIFY AND SAVE HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.
3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for or for any purpose participating in the event.
4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
5. Hereby consent to allow my picture and/or voice or likeness to appear in any official documentary, promotional, exclusive television, radio or film coverage of the Iowa Sports Foundation, d/b/a/ Live Healthy Iowa Kids in any manner incidental to my participation in the Iowa Sports Foundation, d/b/a Live Healthy Iowa Kids and without compensation to me. THE UNDERSIGNED HAS READ THIS WAIVER AND RELEASE FROM LIABILITY, FULLY UNDERSTANDS ITS TERMS, UNDERSTANDS THAT SUBSTANTIAL RIGHTS ARE GIVEN UP BY SIGNING IT, AND SIGNS IT FREELY AND VOLUNTARILY, and further agrees that no oral representatives, statements or inducement apart from the foregoing written agreement have been made. This waiver, release and indemnification agreement, specifically embraces each and every event sanctioned, authorized, sponsored, co-sponsored, or promoted by said releasees during the entire season, including, without limitation, local or regional qualifying events, wherever located, and applies to each and every event, or activity hereinabove mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intended to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinabove described.

The undersigned, _____ referred to as the parent(s) and natural guardian(s) or legal guardian(s) of _____ does thereby represent that he/she (they) is (are), in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties herein referred to above as releases from all liability, loss, cost, claim or damage whatsoever may be imposed upon said releasees because of any defect in or lack of such capacity to so act and release said releasees on behalf of both of the undersigned.

Parent/Guardian Signature

Relationship to the Minor

Date

Parents - keep this sheet for reference. No need to return.

2016 LIVE HEALTHY IOWA TRACK CHAMPIONSHIPS INFORMATION SHEET

Local Meet: Middle School Athletic Complex Track

Date: **Tuesday, May 17**

Time: 5:00 p.m. – Check-In

5:30 p.m. – Field Events

5:30 p.m. – Running Events - Preliminaries

6:30 p.m. – Running Events - Finals (or when field events are completed, whichever is first)

Registration Deadline: 5:00 P.M., Monday, May 16.

At Indianola Parks & Recreation Office

2204 W 2nd Avenue (Hwy 92 W)

NO REGISTRATIONS WILL BE TAKEN AFTER 5:00 P.M. ON MAY 16!

Rules:

1. No shoes designated for spikes will be allowed on the track. In field events any shoes designed for turf surface sports (natural or artificial) are not allowed, e.g., football/soccer shoes. The participant's shoes cannot be used to gain an advantage.
2. Contestants will compete in events according to their age. Competitors will determine which age group to enter by **calculating their age on December 31, 2016**. Any contestant who enters or competes in an age group in which he or she does not legally belong will be disqualified from that event.
3. Start blocks are not permitted.
4. Participation is limited to two (2) field events and one (1) running event; or two (2) running events and one (1) field event. Relays are considered running events.
5. The softball throw must be made from inside the five-foot throw marks indicated behind the scratch line. The ball must land inside the fifty-foot wide parallel sidelines. The measurement is taken from the center of the five-foot throw marks located on the scratch line to the point touched by the ball, which is nearest, the scratch line. No glove, tape, or other foreign substance may be applied to the throwing hand.
6. Participants are responsible to form their own relay teams. All members of the team must fall within the proper age group.
7. The first place winner from each event automatically qualifies for the State Meet. If the first place finisher cannot attend, second place may attend.
8. The State Live Healthy Iowa Track and Field Meet will be held on Saturday, June 11, at the Marshalltown High School Track.
9. The 6 and Under division does not qualify for the State Meet. This division was created for our local meet only.

STATE MEET: SATURDAY, JUNE 11, 2016 IN MARSHALLTOWN

Indianola Live Healthy Iowa Track Meet

Order of Events

(times are approximate and could change depending on numbers of participants)

Field Events – Track Infield

5:30 p.m.	Standing Long Jump – Girls	6 & under	7-8	9-10	11-12	13-14
5:30 p.m.	Softball Throw – Boys	6 & under	7-8	9-10	11-12	13-14
6:00 p.m.	Standing Long Jump – Boys	6 & under	7-8	9-10	11-12	13-14
6:00 p.m.	Softball Throw – Girls	6 & under	7-8	9-10	11-12	13-14

Running Events Preliminary (Fastest eight times advance to the finals)

5:30 p.m.	50 Meter Dash	Girls 6 & under	Boys 6 & under			
		Girls 7-8	Boys 7-8	Girls 9-10	Boys 9-10	
	100 Meter Dash	Girls 6 & under	Boys 6 & under			
		Girls 7-8	Boys 7-8	Girls 9-10	Boys 9-10	
		Girls 11-12	Boys 11-12			

All participants must run in their assigned heat. If you are at a field event and your heat is called, leave the field event and return following your heat.

Running Events Finals

6:30 p.m.	1600 Meter Run	Girls 13-14	Boys 13-14			
	50 Meter Dash	Girls 6 & under	Boys 6 & under			
		Girls 7-8	Girls 9-10	Boys 7-8	Boys 9-10	
	400 Meter Dash	Girls 8 & under	Boys 8 & under			
		Girls 9-10	Boys 9-10			
		Girls 11-12	Boys 11-12			
		Girls 13-14	Boys 13-14			
	100 Meter Dash	Girls 6 & under	Boys 6 & under			
		Girls 7-8	Boys 7-8	Girls 9-10	Boys 9-10	
		Girls 11-12	Boys 11-12			
		Girls 13-14	Boys 13-14			
	200 Meter Dash	Girls 6 & under	Boys 6 & under			
		Girls 7-8	Boys 7-8	Girls 9-10	Boys 9-10	
		Girls 11-12	Boys 11-12			
		Girls 13-14	Boys 13-14			
	800 Meter Run	Girls 11-12	Boys 11-12			
		Girls 13-14	Boys 13-14			
	4 x 100 Meter Relay	Girls 6 & under	Boys 6 & under			
		Girls 7-8	Boys 7-8	Girls 9-10	Boys 9-10	
		Girls 11-12	Boys 11-12			
		Girls 13-14	Boys 13-14			



All Recreation Facilities
and Parks in Indianola
are
Smoke and Tobacco Free.