



Not every winner at the State/Provincial Final will automatically advance to the north American Final due to the geographical distribution rule which states that a minimum five participants from each State/Provincial Group will compete in the North American Final. A participant may enter only one Local and/or District Meet. All regional winners will qualify for the North American Final Meet.

Event Date: Saturday, May 30, 2009. 9:00am at Hoover High School Track

Forms due: Friday, May 22 to address at bottom of this form.

Pre-registration REQUIRED. Registration will not be available at the event

Participant Name: _____

Gender: M / F (circle)

Address: _____

City/Zip: _____

Age as of December 31, 2009: _____ Name of School/community: _____ Date of Birth: _____

***All participants must compete in their age group and gender division.**

Telephone: _____ Cell Phone: _____ Parent/Guardian Email: _____

Participants can enter either two track and one field or two field and one track event. Please **CIRCLE** the events you wish to participate in at this meet.

9-10 years (Born in 1999-2000)

50 Meter Dash
100 Meter Dash
200 Meter Dash
400 Meter Dash
4 x 100 Meter Relay*

Standing Long Jump
Softball Throw

11-12 years (Born in 1997-1998)

100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Run
4 x 100 Meter Relay*

Standing Long Jump
Softball Throw

13-14 years (Born in 1995-1996)

100 Meter Dash
200 Meter Dash
800 Meter Run
1600 Meter Run
4 x 100 Meter Relay*

Standing Long Jump
Softball Throw

*If you circled the 4x100 Relay, list your team below. Participants on the Relay Team must be the same age division and gender. Each participant must have their own registration form listing their team.

***Relay Team (Circle Age) (Circle Gender)**

9-10 years (born 1999-2000) 11-12 years(born 1997-1998) 13-14 years (born 1995-1996) Girls Boys

1. _____
(First Name) (Last Name)

2. _____
(First Name) (Last Name)

3. _____
(First Name) (Last Name)

4. _____
(First Name) (Last Name)

**CITY OF DES MOINES, IOWA
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT**

Activity: Hershey Track & Field Games

In consideration of my, or my minor child, being permitted to participate in any way in the above named Activity, I, the Undersigned, for myself and my minor child, all of my or my minor child's, personal representatives, executors, administrators, heirs, next of kin, successors and assigns, herein referred to as "Releasors", do hereby: 1. Acknowledge that this Activity carries with it the potential for serious injury, death and/or property damage, and certify as to my physical fitness and that of my minor child to participate and declare that neither I, or my minor child, have been advised otherwise by a qualified medical professional. 2. Acknowledge, agree, and represent that I and my minor child will, at all times, be aware of the surroundings during the Activity and agree that if I or my minor child consider anything related to this Activity to be unsafe, will immediately advise the Activity officials of such, and if necessary, will leave the area or refuse to participate further in the Activity. 3. Waive, release and discharge, and covenant not to sue, the City of Des Moines, Iowa, its elected and appointed officials, employees, volunteers, sponsors, and agents, including others who give recommendations, directions, or instructions as part of this Activity, (hereinafter referred to as "City"), and The Hershey Company and its franchises, the National Recreation and Park Association, USA Track & Field and Athletics Canada,, (hereinafter referred to as "Others"), from any and all liability to Releasors for any and all loss or damage, and any claim or demands therefor, on account of injury to the person or property or resulting in my death or that of my minor child arising out of or related to the Activity, including traveling to or from the Activity. 4. Agree to Indemnify and Save and Hold Harmless the City, Others and each of them from any loss, liability, damage, or cost that they may incur arising out of or related to my or my minor child's participation in this Activity. 5. Assume full responsibility for any risk of bodily injury, death or property damage arising out of or related to the Program/Activity. 6. Agree that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends, to all acts of negligence by the City or Others and is intended to be as broad and inclusive as is permitted by law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. 7. Authorize any medical treatment, including the administration of anesthesia, deemed advisable by any licensed physician to relieve any injuries received or illness contracted by me or my minor child as a participant in this Activity.

I have read this Release and Waiver, Assumption of Risk and Indemnity Agreement, fully understand its terms and that I have given up substantial rights by signing it, and sign it voluntarily without inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of all liability to the fullest extent permitted by law including all acts of negligence by the City.

Participant Name (Print): _____ Age (If under age 18): _____

Parent/Legal Guardian (Print): _____

Parent/Legal Guardian Signature: _____ Date: _____

Address: _____ City/Zip _____ Phone: _____

***Return forms to: Des Moines Parks and Recreation, 600 E. Court Ave., Suite 200, DM 50309. Phone 237-1404**

GUIDELINES

Who can Participate?

Participants must be between 9 and 14 years old as of December 31st of the current year.

A participant must compete in his/her age group and gender division.

All local meet winners must have their ages verified.

A participant must participate in the state/province in which he/she resides.

General Rules

Participants must report on time to an event.

If there is a tie for first place, there will be a run off for the running event. In the field events the contestant with the best second throw or jump will be declared the winner.

Disqualifications

Any of the following can result in a participant's disqualification:

- Entering more than three events.

- Competing in more than one local and/or district meet.

- Competing in the wrong age group.

- Aiding a participant directly or indirectly (accompanying participant to starting area, running along side participant, or being stationed at points along the track to aid or coach participant).

- Second false start.

- Interference.

- Lane infraction.

- Unsportsmanlike conduct (i.e. throwing a baton).

Equipment

No spikes or 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.

No athlete will be allowed to compete in bare feet.

Jewelry, sunglasses (except prescription) shall not be allowed during competition.

Track Rules Highlights

Starting blocks are not permitted.

Each running competitor is allowed one false start.

A regulation baton must be used in relays. It may not be wrapped with tape.