



Summer Track Series

Mount Mansfield High School in Jericho, VT will be hosting a series of 4 summer track meets open to all ages on Thursday evenings at 6pm during July. All events (except pole vault and triple jump) will be contested on a rotating basis with each event running at least twice during the series. Entry fee of \$5 covers as many events as you want on that day. Release forms will be required and athletes under 18 must have a parents' signature. Lane events (100, 200, 400, hurdles) will be run by age group as much as possible with the distance events (800 and up) run as open events with separate male and female for the 800 and mile. There will be awards by age group at each meet as well as overall event winners at the end of the series.

July 7th

Running Events

3000
100
100/110 hurdles
200
800
4x400m

Field Events

Long Jump
High Jump
Shot Put
Discus
Javelin

July 14th

Running Events

5000
100
300 hurdles
Mile
400
4x100m

Field Events

Long Jump
High Jump
Shot Put
Discus
Javelin

July 21st

Running Events

3000
100
100/110 hurdles
200
800
4x400m

Field Events

Long Jump
High Jump
Shot Put
Discus
Javelin

July 28th

Running Events

5000
100
300 hurdles
Mile
400
4x100m

Field Events

Long Jump
High Jump
Shot Put
Discus
Javelin

Name: _____ Age: _____ D.O.B. _____

Address: _____ Phone # _____

Email _____

I realize the risk of injury associated with participation in any physical activity and release Mt. Mansfield Union High School, Chittenden East Supervisory Union, all coaches and officials from liability of any injury that may occur during participation in these meets.

Signature _____

Date _____

If Under 18
Parents Signature _____

Date _____