

Mira Mesa All Comers Meet
10510 Reagan Rd
San Diego Ca 92126
Date: Sat., Jan. 11, 2014
Registration opens at 7:30a
All ages and abilities are welcome
\$ 5.00 per athlete/spectator-no event limit
3/16 is the maximum length of spikes
Running events start at 8:30a and Field events start at 9:00a

Order of events:

5000m
100 / 110 Hurdles
4x100 meter relay
1 Mile
100
4x200m
3200m
400m
800m
200m
4x400 meter relay

Field events:

Long Jump (Triple Jump to follow) FOUR Jumps
High Jump – Starting Height = 3' 6" (raised 2")
Shot Put & Discus – FOUR Throws
***No Pole Vault (sorry, Facility is not ready yet)**

Any questions please contact Eric Miller Head Coach MMHS @
emiller@sandi.net.

Parking: in dirt lot north of Stadium, or in main lot on Mira Mesa Blvd.

You MUST have a signed Waiver of Liability prior to competing in any events
See next Page...

Athletic WAIVER OF LIABILITY
Mira Mesa All Comers Track & Field Meet
WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

1. In consideration for receiving permission to participate in the Mira Mesa All Comers Track & Field Meet, I hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE Eric Miller, the Mira Mesa High school, its officers, agents, or employees (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any injury, including death, that may be sustained by my child, while participating in such activity, while in, on or upon the premises where the activities are being conducted, REGARDLESS OF WHETHER SUCH LOSS IS CAUSED BY THE NEGLIGENCE OF THE RELEASEES, or otherwise and regardless of whether such liability arises in tort, contract, strict liability, or otherwise, to the fullest extent allowed by law.

2. I am fully aware of the risks and hazards connected with the activities of Track & Field events, and I am aware that such activities include the risk of injury and even death, and I hereby elect to voluntarily participate in said activities, knowing that the activities may be hazardous. I understand that Eric Miller, and Mira Mesa High School does not require me to participate in this activity. I voluntarily assume full responsibility for any risks of personal injury, including death, that may be sustained during this event, or any loss or damage to property owned by me, as a result of being engaged in this event, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES or otherwise, to the fullest extent allowed by law.

Athlete Full Name (Printed): _____

Athlete Full Name (Signature): _____

Date: _____

PARENTAL CONSENT (all athletes under 18 years of age):

I, the parent and/or legal guardian of _____, the Participant, who is a minor under 18 years of age ("Minor"), understand the nature of the above referenced Activities/Program and the Minor's experience and capabilities and believe the Minor to be qualified to participate in such Activity/Program and hereby agree to all foregoing terms and conditions of this Agreement.

Printed name of Parent/Guardian _____

Signature of Parent/Guardian _____

Date: _____