

DO YOU LIKE TO RUN OR JUMP?

COME TO THE "SPRING FLING" ALL COMERS TRACK MEET
AT PATRICK HENRY HIGH SCHOOL.

WHAT: All High School Events, plus a couple more

Running 50 M (12 & under), 100M, 200M, 400M, 1600M, 3200M

Jumping: Long Jump, Triple Jump, High Jump, Pole Vault

Throwing: Shot Put

Relays: 4x100M, 4x400M, 4x800M

WHEN: SATURDAY, March 1

REGISTRATION STARTS AT 8:00 AM

EVENTS START AT 9:00 AM, FINISH ABOUT NOON

WHY: PROVIDE A CHANCE FOR LOCAL RUNNERS OF ALL
AGES TO PARTICIPATE.

TRAINING OPPORTUNITY FOR NEW OFFICIALS.

SPONSORED BY: Patrick Henry High School Track and Field

Directions: From I-8, take the College Avenue Exit north (away from SDSU).

Follow College 1 mile to Navajo. Go left 1 mile to Parkridge. Go right and
take the first right onto Wandermere Dr. Enter the campus and park near
the bungalows.

*Discus will not be contested this year.

ALL AGES, ALL TALENT LEVELS WELCOME!

TIMES OR MARKS POSTED FOR ALL ENTRANTS.

ENTRY: \$5 FOR AS MANY EVENTS AS YOU WANT

Entry/Waiver Form Printed on the back of this page.

SPRING FLING GAMES, ALL COMERS' MEET

PATRICK HENRY HIGH SCHOOL, March 1, 2013

Entry Form and Waiver

Entry Fee, \$5. Make checks payable to Patrick Henry HS Track

Paid by Cash ___ Check _____

Name: First	Last:	Sex:	
Address			
City:	State:	Zip:	
Phone:			
Birth Date: / /	Age on March 1, 2014		

Indicate Events To Be Entered:

Running Events	Men	Women	Field Events	Men	Women
4x100m Relay			Pole Vault		

1600m			Long Jump		
100m/110m Hurdles			Triple Jump		
400m			High Jump		
100m			Shot Put#		
800m					
300m Hurdles					
200m			# 4K, 10lb, 12lb		
50m (12 and Under)					
3200m					
4x400m Relay					
4x800m Relay					

Waiver:

I waive all rights that I or my heirs or assigns may have against Patrick Henry High School, San Diego Unified School District, organizers, officials, and sponsors of this Athletic event arising from any injury, illness, or accident that I may sustain or incur while participating in this event. I declare that I am in good health to participate.

Signed _____ Date: _____

Parent signature if under 18 years of age: _____