

Mira Mesa HS All Comers Meet

10510 Reagan Rd

San Diego Ca 92126

Feb. 7, 2014

Registration opens at 7:30a

All ages and abilities are welcome

\$ 5.00 per athlete no event limit

3/16" is the maximum length of spikes

Running Events start at 8:30a

Field events start at 9:00a

Order of events:

5000m

100 / 110 Hurdles

4x100 meter relay

1 Mile

100m

3200m

400m

800m

200m

4x400 meter relay

Field events

Long Jump (Triple Jump to follow)

High Jump

Shot Put (No Discus)

Any questions please contact Eric Miller, Head Coach MMHS

858-566-2262 ext 2254 or emiller@sandi.net

Athletic WAIVER OF LIABILITY

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

1. In consideration for receiving permission to participate in the Mira Mesa High School All comers Track Meet, I hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE Eric Miller, Mira Mesa High School, San Diego Unified School District, its officers, agents, or employees (hereinafter referred to as RELEASEES), and any volunteers/associates of this event, 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 , and I am aware that such activities include the risk of injury and even death, and I hereby elect to voluntarily allow myself/my child to participate in said activities, knowing that the activities may be hazardous to myself/my child. I understand that Eric Miller, Mira Mesa High School, San Diego Unified School District, its officers, agents, or employees (hereinafter referred to as RELEASEES), and any volunteers/associates of this event do 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 by myself/my child, or any loss or damage to property owned by me/my child, as a result of being engaged in such an activities, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES or otherwise, to the fullest extent allowed by law.

PARENTAL CONSENT for participants 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 and hereby agree to all foregoing terms and conditions of this Agreement.

Printed name of Parent/Guardian_____

Signature of Parent/Guardian_____

Date:_____