

# 2010 Summer

## All Comers Series

Presented by Oak Hall Cross Country  
& Half-Mile Timing  
8009 S.W. 14th Avenue,  
Gainesville, FL 32607

### 2010 MEET DATES

July 6<sup>th</sup>, July 13<sup>th</sup>, July 30<sup>th</sup>, August 3<sup>rd</sup>,  
August 10<sup>th</sup>, August 17<sup>th</sup>

**ADMISSION ALL MEETS:** PARTICIPANTS-\$5  
SPECTATORS-FREE

For any questions or more information e-mail Dusty at  
halfmiletiming\_dusty@hotmail.com

Gates open every week at 6:00p.m. for sign up at  
Oak Hall School

Please come early so we can get everyone signed up and  
races set up. We will be on a rolling time schedule starting at  
7:00 p.m.

### Awards

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place medals will be handed out to the top 3 winners in  
each age group in each event. There will also be participation ribbons  
handed out to all participants 18 and under.

### Meet Policies

When a race is being contested on the track, it is closed for  
warm up. There will be fully automatic timing so track **MUST  
BE CLEAR** when races are being conducted.

**Parents and coaches:** For the safety of the children, please  
make sure they are supervised at all times.

#### July 6<sup>th</sup>

7:00pm

60m dash all ages  
400m dash 6 & up  
100m dash all ages  
1600m run 10 & up  
Shot Put

#### July 13<sup>th</sup>

7:00pm

60m dash all ages  
3200m run 10 & up  
200m all ages  
800m run 6 & up  
Discus

#### (Fri) July 30<sup>th</sup>

7:00pm

60m dash all ages  
200m  
1600m  
100m  
800m  
4x4  
Shot Put

#### August 3<sup>rd</sup>

7:00pm

60m dash all ages  
5k Youth  
5k sub 20  
5k Open Adult  
Discus

#### August 10<sup>th</sup>

7:00pm

60m dash all ages  
3k 10 & up  
200m all ages  
800m run 6 & up  
Shot Put

#### August 17<sup>th</sup>

7:00pm

60m dash all ages  
400m dash 6 & up  
100m dash all ages  
1500m run 10 & up  
Discus

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Male \_\_\_ Female \_\_\_ Date of Birth (MM/DD/YY) \_\_\_/\_\_\_/\_\_\_

E-mail \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ Emergency Contact Phone \_\_\_\_\_

I know that running this track meet is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effect of the weather, including high heat and/ or humidity, all such risks being known and appreciated by me. I understand that **ipods** are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Half-Mile Timing, The Oak Hall School and all sponsors, their representatives and successors from all claim or liabilities of any kind arising out of my participation in this event through liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I further grant permission to this race and organization conducting the race and/ or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

If under 17, Signature of legal guardian \_\_\_\_\_