

4x100M/4x400M RELAY

Please list your relay team members.

Entry fee is \$3 (per leg) with registration of (1) field/running events and does not effect your limit of events.

WAIVER/CONSENT

In consideration for entering this event, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Fremont Ross Track and Field, Fremont Ross High School, Fremont City Schools, The City of Fremont, event officials, event volunteers, event sponsors and suppliers and any and all individuals associated with this event, their representatives, successors and assignees and will hold them harmless from any and all injuries suffered in connection with this event.

I hereby attest that I am physically fit and sufficiently prepared to complete this event.

Signature

Date



ANNOUNCING A SPECIAL PARTNERSHIP //

The Big Ten Network's Live Big campaign will feature The David John Guardiola Track & Field Meet this year. The network will attend our meet on July 9, 2011 and will feature an on-air profile in October 2011 during an OSU Big Ten Tailgate.



All proceeds to
The David John Guardiola Scholarship Fund.

7TH ANNUAL

FAMILY FUN!
OPEN TO AGES 3-50+

FIELD EVENTS
Softball, Shot Put, Discus
Hammer Throw, Long Jump, High Jump

RUNNING EVENTS
800M Fast Walk, 100 Hurdles, 50M
100M, 400M, 1600M, 200M
3200M, 4x100M Relay, 800M

davidjguardiola.com

REGISTER ONLINE!

DAVID JOHN GUARDIOLA

TRACK & FIELD MEET

FREMONT ROSS TRACK FIELD

RACE DAY 2011

JULY 9

All proceeds to the David John Guardiola Scholarship Fund.

SATURDAY / JULY 9, 2011

Fremont Ross High School Track Field

1100 North Street, Fremont

All-Weather 8-Lane Track

MEETSCHEDULE

- 9:00 am Registration opens.
- 10:00 am Registration ends.
Javelin Throwing Clinic/Exhibition *FREE*
- 10:30 am Field events begin with:
girls/boys - softball
girls/boys - shot put
girls/boys - discus
girls/boys - hammer throw
girls/boys - high jump
girls/boys - long jump
(open pit 2 hours - all participants)
- 11:30 am Running events -
(rolling time schedule)
800m Fast Walk
4x100m Relay
100m hurdles
1600m
50m [ages 3-6 only]
400m
100m
3200m
200m
800M *Featured Event*
4x400M Relay

Medals for 1st, 2nd and 3rd. Ribbons for 4th, 5th and 6th.
Award presentation after final results are completed.

PLEASE NOTE:

Copy of birth certificate should be on hand.
Meet officials can deny participation if no proof of age is provided. Age is determined by athlete's age on July 9, 2011.



REGISTRATIONINFORMATION

Online at www.davidjguardiola.com or mail-in.

Pre-registration : by July 1, 2011
\$6 for 1st event : \$2 for each addt'l.

Late and Day of Event Registration
\$8 for 1st event : \$2 for each addt'l.

EVENTINFORMATION

LIMIT 3 EVENTS

Ages 3-6

50M, 100M, Long Jump, Softball

Ages 7-8

100M, 200M, 400M, 800M, Long Jump, Softball

LIMIT 4 EVENTS

Ages 9-10

100M, 200M, 400M, 800M, 1600M, 4x100M Relay**,
Long Jump, High Jump, Shot Put, Discus

Ages 11-49, 50+

800M Fast Walk*, 100M, 200M, 400M, 800M, 1600M,
3200M, 4x100M Relay**, 100M Hurdles, Long Jump,
High Jump, Shot Put, Discus, Hammer Throw*

* **800M Fast Walk/Hammer Throw**
for Age Group 19-39 and 40+ only.

** **4x100M Relay**
for Age Group 13-50+ only.

4x400MRELAY

Ages 13-50+

Entry fee is \$3 (per leg) with registration of (1) field/
running events and does not effect your limit of
events. Entry form on back of registration form.

REGISTRATIONFORM

Name

Address

City, State, Zip Code

Email Address / Phone Number

Date of Birth

Please check all that apply:

AGEGROUP (age group as of July 9, 2011)

- | | | |
|--------------------------------|--------------------------------|--------------------------------|
| ☐ 3-6 | ☐ 13-14 | ☐ 30-39 |
| ☐ 7-8 | ☐ 15-16 | ☐ 40-49 |
| ☐ 9-10 | ☐ 17-18 | ☐ 50+ |
| ☐ 11-12 | ☐ 19-29 | |

FIELDEVENTS

- | | | |
|-----------------------------------|------------------------------------|---------------------------------------|
| ☐ Softball | ☐ High Jump | ☐ Discus |
| ☐ Shot Put | ☐ Long Jump | ☐ Hammer Throw |

RUNNINGEVENTS

- | | |
|-------------------------------|--|
| ☐ 50M | ☐ 1600M |
| ☐ 100M | ☐ 3200M |
| ☐ 200M | ☐ Hurdles |
| ☐ 400M | ☐ 800M Fast Walk |
| ☐ 800M | ☐ 4x400M Relay (list on back) |

RELAYFORRUN - 4x100MRELAY *FREE*

- ☐ Yes, I would like to run a leg in a relay. Age Group 13-50+ Only.
This event is free with registration of (2) field/running
events and does not effect your limit of events.

REGISTRATIONFEE

Registration prior July 1st - \$6.00= _____
Registration after July 1st - \$8.00= _____
Events ____ x \$2.00= _____
4x400M Relay - \$3.00= _____
TOTAL ENTRY FEE DUE= _____

Check payable to:

Guardiola Scholarship Fund

P.O. Box 1571, Fremont, OH 43420

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