



## USA Track & Field Minnesota 2012 All Ages Indoor Track & Field Meet

Sunday, January 29, 2012  
University of St. Thomas Indoor Track  
St. Paul, Minnesota  
1:00 – 4:30 pm



**Cost:** \$20 (2012 USATF members pay only \$10 for the meet; 2012 USATF memberships may be purchased at the door or in advance by visiting [www.usatf.org](http://www.usatf.org). 2012 USATF adult memberships cost \$30 and youth memberships cost \$20. In addition to the discount for this meet, membership is required for the indoor championships in March and other discounts are available to members throughout the year.)

**Eligibility:** All Ages. Open to non-USATF members and USATF members. While it is not required that participants have current USATF memberships, a \$10 discount is provided to 2012 USATF members.

**Entry:** Day of meet registration will be available starting at 12:00 pm in the hallway outside of the track. The track is not available for warm-up until 1:00 pm. All participants must sign an entry waiver. Athletes under age 18 need a parent or guardian signature. See the meet entry form that follows. Youth athletes should bring a copy of proof of age (birth certificate, passport, driver's license).

Entries accepted in advance or at the event. Advance entry and payment mailed to:  
Chris Dallager  
990 Ticonderoga Trail  
Eagan, MN 55123

**Equipment:** Athletes wishing to participate in pole vault will need to supply their own poles. A limited number of indoor shots will be provided but athletes are invited to bring their own implements. ¼ inch spike or shorter are permitted on the track.

**Schedule of Events:** A rolling schedule for track events will be used. See the next page for the schedule for age groups within field events and for the schedule of track events. Athletes may participate in any event and simply need to report to the clerk for the track events or to the field event area at the appropriate time. It is the responsibility of the athlete to report to an event in a timely manner. Athletes not present at their time to compete in the high jump or pole vault or who miss their age group competition will not be provided an opportunity to compete.

Questions: [chrisdallager@comcast.net](mailto:chrisdallager@comcast.net) or call 651-341-6553



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2012 All Ages Indoor Track & Field Meet  
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**Schedule:**

First track event at 1:50pm - Rolling schedule

55 meters  
1000 meters  
55 meter hurdles  
400 meters  
1 Mile Race Walk  
3000 meters  
200 meters  
600 meters

Long Jump/Triple Jump (three jumps, no finals)

Open and Masters: warm-up 1:00-1:40

Open and Masters jump 1:45-2:40

Youth athletes warm up 2:45-3:15

Youth athletes jump 3:20-4:20

High Jump (athletes must be present for jumps at heights – bar will not be lowered and competition will not be delayed)

All ages warm-up 1:00-1:30

Competition begins at 1:35

Pole Vault (athletes must be present for jumps at heights – bar will not be lowered and competition will not be delayed)

Warm-up 1:00-1:45

Competition begins at 1:50

Shot Put (three puts, no finals)

Youth Athletes Warm-up 1:00-1:30

Youth competition 1:35-2:30

Open and Masters warm up 2:35-3:00

Open and Masters competition 3:05-4:00



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Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Sex Male/Female \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Month-Date-Year (ex. 02-19-1999)

USA Citizen? Yes/No \_\_\_\_\_

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

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

Telephone \_\_\_\_\_

Email address \_\_\_\_\_

2012 USATF member? Yes/No \_\_\_\_\_ 2012 USATF number \_\_\_\_\_

If you belong to a USATF club, list club name \_\_\_\_\_

School \_\_\_\_\_ Grade in School \_\_\_\_\_

**Participant Waiver and Release**

I voluntarily agree to participate in the USA Track & Field Minnesota 2012 All Ages Indoor Track & Field Meet and knowingly assume any and all risks of loss, damage to my person or property, injury (including death), both foreseen and unforeseen, of my attendance at and participation in the USA Track & Field Minnesota 2012 All Ages Indoor Track & Field Meet, from any cause whatsoever, including the fault or negligence of Releasees (as defined below). I, for myself, my heirs, personal representatives and assigns do hereby release, waive, discharge and covenant not to sue USA Track & Field, Inc., the local USATF Association, the University of St. Thomas, the Facility and Sponsors, their respective officers, directors, employees, agents and volunteers (collectively "Releasees") from all liability, loss, claims, demands, possible causes of action, court costs, settlement costs and fees, attorneys fees and any other expenses arising from any claim or lawsuit that may arise from any loss, damage or injury (including death) to me or my property resulting from or arising in connection with, or related to, my attendance at or participation in the USA Track & Field Minnesota 2012 All Ages Indoor Track & Field Meet. In the event that I am injured, I hereby consent to the provision of necessary and appropriate emergency medical treatment.

By entering this event, I grant USA Track & Field Minnesota a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics. In no event, however, will such usage constitute an endorsement of any product or service without my specific written consent.

\_\_\_\_\_  
**Signature (if athlete is under age 18, Parent/Guardian signature required)**