

Cherokee Life Center
Track and Field Registration Form
August 1, 2013 @ Old Cherokee High School Track

Athletes Name: _____
Age: _____ **Birth Date:** _____ **Gender: Boy Girl**
Parents Name: _____ **Phone Number:** _____
Health Concerns: _____

Circle up to 3 events to participate in for your age group.

3-4 year old 9:00 am

- | | | | |
|------------------|----------------|----------------------|-----------------|
| ♦ 25 meter run | ♦ 50 meter run | ♦ 100 meter run | ♦ 400 meter run |
| ♦ Softball throw | ♦ Long Jump | ♦ Spoon and Egg race | |

5-6 year old 10:00 am

- | | | | |
|------------------|-----------------|----------------------|-----------------|
| ♦ 50 meter run | ♦ 100 meter run | ♦ 200 meter run | ♦ 400 meter run |
| ♦ Softball throw | ♦ Long jump | ♦ Spoon and Egg race | ♦ Potato sack |

7-8 year old 9:00 am

- | | | | |
|------------------|-----------------|----------------------|---------------|
| ♦ 50 meter run | ♦ 100 meter run | ♦ 200 meter run | ♦ 4x100relay |
| ♦ 1 mile run | ♦ 4X400 relay | | |
| ♦ Softball throw | ♦ long jump | ♦ spoon and egg race | ♦ potato sack |

- Parents are allowed to run with child as long as you do not interfere with another runner.
- Each child will receive a medal for participating, we will not be taking places however, we will keep times and distance.

Parent Signature: _____ **Date:** _____
Athlete's Signature: _____ **Date:** _____

- *Entrys must be received by July 25, 2013 by 5:00 pm at Cherokee Life Center
- *Wavier must also be signed
- * Questions call Ahli-sha Stephens 554-6498 or email ahlistep@nc-cherokee.com
- * Pick up training tips at CLC
- * Arrive 15 minutes before your event

