

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

