



SEATTLE PARKS PREVIEW TRACK & FIELD Masters MEET June 4, 2016
West Seattle Stadium, 4432 35th Av. SW Seattle, WA 98126



Hosted by Seattle Parks and Recreation, Seattle Masters Athletic Club, USATF Pacific Northwest
AND GET STRONG FIRST TRACK CLUB [Click here for online Registration \(click\)](#)

TIME	TRACK EVENTS			TIME	FIELD EVENTS	
8:45	1500m Racewalk	M-W		8:30	Javelin	M-W
	3000m Racewalk	M-W		9:45	Discus	M-W
9:30	5000m Run	M-W				
10:15	100m dash	M-W				M-W
10:45	1500m run	M-W		11:00	Long Jump	M-W
11:00	400m dash	M-W		11:30	Pole Vault	M-W
11:15	4X100m relay	M-W		12:00	Triple Jump	M-W
11:30	800m run	M-W		12:15	Shot Put	
12:00	200m dash	M-W				M-W
12:15	4x400m relay	M-W		1:00	High Jump	M-W
				1:45	Hammer	
				2:45	Weight	M-W
				3:15	Super weight	M-W

Sanctioned by USATF. Ages 19+

Implements: Throws implements must be checked in at least one hour prior to the event. Check in opens at 7:00am

RELAYS: Run in 10 yr age groups. Team must wear distinctive tops. Fee \$10/team. Declare 1 hr before event.

*** Detach entry form and mail with payment to: George Mathews, 1323 Ave. D, #1541, Snohomish, WA 98291 ***

Make checks payable to: Seattle Masters AC. Contact info: georgemathews99@gmail.com, 208-691-0193

entry fees non refundable

Information; George Mathews, Jayson Powell, jayson.powell@seattle.gov, 206-684-7092

Meet director, Lance Neubauer, lance@getstrongfirst.com, 206-619-5267

Name _____ Age (on 6/4/16) _____ Birth Date _____ Male _____ Female _____

Address _____ Phone _____

City/State/ZIP _____

Email _____

____ Yes, I will need ADA accommodation. Documentation must be received by USATF 6 weeks prior to competition.

On time entries must be received by, both paper and online, by May 31 . Entries received after May 31 + \$10

EVENT	Best mark 2015-6	Entry Fees (non refundable)
1. _____	_____	First event \$20.00 = _____
2. _____	_____	Additional events _____ X \$ 5.00 = _____
3. _____	_____	late fee received after + \$10.00 = _____
4. _____	_____	May 31st.
5. _____	_____	Registration closed 1 hr
6. _____	_____	Before start of each event
		Officials fund (optional) _____
		TOTAL _____

Waiver of Liability: (Must be signed in order to compete): In exchange for acceptance of this entry, I for myself, executors, administrators and assigns, do hereby release any right and claims for damages to me or my property I may have against USATF, Pacific NW Assoc., City Of Seattle Parks & Recreation, Pacific NW Officials Assoc., Seattle Masters AC, their agents, representatives, officers, employers, or sponsors for any and all injuries, damages and/or claims which might otherwise have arising out of said event. I hereby attest that I have full knowledge of the risk involved in competing in this event and am physically fit and sufficiently trained to participate in this event. By entering this competition, I grant USA Track & Field, Inc. 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.

Signed _____ Date _____

All Participants MUST sign USATF Participants Wavier and Release of Liability form



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**
Specific Event Waiver Form for ADULTS (Age 18 or older)

Event Name: Seattle Parks Preview

Event Date(s): June 4, 2016

Event Location: West Seattle Stadium, Seattle Washington

Sanction #: 16-36-114

For and in consideration of USA Track & Field, Inc. ("**USA Track & Field**") allowing me, the undersigned, to participate in the USA Track & Field sanctioned event described above (the "**Event**" or "**Events**"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "**Agreement**");

1. I hereby represent that (i) I am at least eighteen (18) years of age or older; (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well being at all times and under all circumstances while at the Event site.
2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sport of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("**Risks**"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event.
3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc., its members, member clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the Event Directors, Organizers and Promoters, Sponsors, Advertisers, Coaches and Officials; the Host Organization and the Facility, Venue and Property Owners or Operators upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (**Individually and Collectively, the "Released Parties" or "Event Organizers"**), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("**Liability**") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Print Name: _____ Age: _____ Date of Birth: _____ / _____ / _____ Male Female

Home Address: _____ Home Tel.: (____) _____

X _____
Signature of Participant

_____/_____/_____
Date Signed

Revised 10/14/2010