

# Intramural Track Meet Registration Form

Organization/Team/Individual Name \_\_\_\_\_

IM Chair/Captain Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Division (Greek, Org, Open) \_\_\_\_\_ Email Address \_\_\_\_\_

Please bring completed registration form to the SRC by Tuesday, October 3<sup>rd</sup> at NOON and turn in to the Members Services Desk (MSD). This form can also be emailed to the Intramural Recreational Sports Director, John Manning, at [jmanning@truman.edu](mailto:jmanning@truman.edu).

Men's & Women's; Open, Greek & Organizational [A contestant may compete in a total of four events. Greek/organizational teams may enter only one team per relay and two runners per individual race.] Please write legibly on this form, if I can not read it, then your team will not be entered in to the events. All participants listed on this form must be registered on IMLeagues prior to event start time.

**Intramural Track Meet will be held on Tuesday, October 3rd at 7:00 PM at the Stokes Gardner Track at Stokes Stadium**

## Rules

1. Warm-up starts at 6:30 pm. The announcer will use megaphone to inform participants what race is up and what race is on deck
2. Starting the events: We will start promptly at 7:00 pm, so participants are expected to be signed in and ready for their event at that time.
  - a. Announcer will say "Runners step up", "take your mark" (wait 3 seconds—then a quick whistle)
  - b. All races will be started without starting blocks; false starts will be classified as a Disqualification
3. No rest between heats - Everyone needs to quickly exit the track after each heat
4. By listing my name on the registration form for the Intramural Track Meet, I agree to the terms and conditions of the Waiver of Liability, which was signed when I registered for a team on IMLeagues

### Event 1: 100 M Dash

1. \_\_\_\_\_

2. \_\_\_\_\_

### Event 2: 1600 M Run

1. \_\_\_\_\_

2. \_\_\_\_\_

### Event 3: 200 M Dash

1. \_\_\_\_\_

2. \_\_\_\_\_

### Event 4: 4 x100 M Relay

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

### Event 5: 400 M Dash

1. \_\_\_\_\_

2. \_\_\_\_\_

### Event 6: 3200 M Run

1. \_\_\_\_\_

2. \_\_\_\_\_

### Event 7: 4x400 M Relay

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_