

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 7th at NOON and turn in to the Members Services Desk (MSD). This form can also be emailed to the Intramural Recreational Sports Director, Eric Vaughn efvaughn@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 8th at 8:00 PM at the Stokes Gardner Track at Stokes Stadium

Rules

1. Warm-up starts at 7:30 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 8:00 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. _____