



Lions Relays

Nov 14(Throws only, Lockhart, Tx)

Nov 22(Running, Jumps, Vault at
St Michaels, Austin, Tx)

Net proceeds benefit Lions Charities



Nov 14, Throws **ONLY**, Lockhart MS, 500 City Line Rd, Lockhart, Tx 78644

Nov 22, Running and Jumps/Vault, St Michaels, 3000 Barton Creek Rd,
Austin, Tx 78735

ENTRY FEES(note that this covers both days)

Adults: \$25 first event, 5 thereafter. OR \$50 unlimited events

Youth(18 under) \$20 UNLIMITED events

NO DAY OF MEET REGISTRATION. You can pay at the meet, but must pre-register

SCHEDULE(Saturday, Nov 14, Lockhart). Check desired open events

9 AM HAMMER_____ 10AM SHOT _____ 11AM DISCUS _____
NOON JAVELIN_____ 1PM WEIGHT_____ 2 PM SUPERWT_____

CONTACT Seth at seth.brower@trackforlife.com if interested in Throws Pentathlon

SCHEDULE(Sunday, Nov 22, St Michaels). Check desired events

1 PM LONG JUMP_____ 2PM HIGH JUMP_____ 3PM TRIPLE JUMP_____
1 PM POLE VAULT(opening height below 9')_____ 3 PM(opening height 9'+)_____

RUNNING EVENTS(Rolling start beginning at 1PM)

3k/5k(also racewalk)_____; 60M_____; 800M_____; 4x1 Relay_____; 100/110 Hurdles_____
100M_____; 400M_____; 300M(sprint)_____; 300Hurdles_____; 1500M(also racewalk)_____
600M_____; 200M_____; 4x400 Relay_____; 100M(2nd running)_____

In consideration of your acceptance of my entry, I hereby waive, release and forever discharge any & all claims for damages which I may have, or may hereafter accrue, against Lake Travis Lions Club, Lions International, Lockhart Independent School District, St Michaels Academy, Mike Graham, Carol Finsrud, other organizations providing volunteers, or other sponsors for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event. A parent or guardian must sign this form to allow a minor to participate.

Signature_____ Age_____ DOB_____ Sex _____

Name (Print) _____ Phone (_____)_____

Address _____ City _____ State _____ Zip _____

Help keep entry fees low by providing your e-mail address below:

Make checks payable to TrackforLife and mail to: 7504 Chimney Corners, Austin, Tx 78731