

2014 Track Meet

**Saturday – June 21, 2014 – starting @ 7:30 AM Valwood School –
Scruggs Track**

Help local food banks or Toys for Tots!

Track location: Valwood School – 4380 Old Highway 41. Track is located to the right of the football stadium. 400 meter asphalt track. Wear training shoes or road racing shoes – do not suggest wearing spiked shoes. Registration starts at 6:30AM at Track and closes at 7:20 AM.

Track Events: Two events will be contested 1600 & 3200 – in multiple heats.

- ♦ 1600 meter – 1 mile equivalent – 4 laps – lapped runners run in lane two
 - ♦ Heat 1 @ 7:30 AM all runners 8:59 minutes or faster expected finish time
 - ♦ Heat 2 @ 7:45 AM all runners 9:00 minutes or above expected finish time
- ♦ 3200 meter – 2 mile equivalent – 8 laps – lapped runners run in lane two
 - ♦ Heat 1 @ 8:00 AM all runners 15:59 minutes or faster expected finish time
 - ♦ Heat 2 @ 8:20 AM all runners 16:00 minutes or above expected finish time

Be warmed up and ready to start your expected heat on time. Be honest and run in the Heat most appropriate for your abilities. This will be your best chance to finish well. Cheer on others while you prepare for your heat.

Results will be determined by “sectioned against time,” meaning that all participants will be put in the order that their finish time dictates overall from all heats of the 1600 and the 3200.

Awards: First Male & Female in each heat to receive an award.

Grand Prix points: Overall Grand Prix Points will be awarded to all finishers. To encourage running more than just the 1600 meters - 5 additional points per minute the runner is under 23 minutes will be added to each participants Grand Prix points when you finish the 3200m for each event you run – regardless of your finish place in the 1600 meter. If you run in the between 12:00 and 12:59.9 – that is 11 minutes faster – so 5pts X 11 = 55 bonus points. As long as you finish the 3200m – you are assured 5 extra bonus points.

T-Shirts: No T-Shirt is offered. No frills event. Water will be provided – however I would suggest you bring additional water too.

Entry Fee and Donation: \$10.00 per individual. Cash or checks made payable to A Course Line, LLC. DONATE and REDUCE your entry fee to **\$7/person** by donating a canned good for a local food bank or a new unwrapped toy for Toys for Tots. Please bring exact change – no refunds.

Grand Prix event: GP Points awarded to the all male and females in the 1600 meter final results in the overall and age group categories – plus the bonus points earned.

Additional Information: Call A Course/Line, LLC...229-630-1455

Mail the completed entry form below along with payment to:

A Course/Line, LLC – 2403 Fieldcrest Drive – Valdosta, GA 31602

Registration Form – please print legibly – fill out one entry form for each participant

Name _____

Email Address _____

City _____, State _____ Zip Code _____

Age (as of 06/21/14) _____ Birth Date _____ Male ____ Female ____

Donated canned good _____ Donated new, unwrapped toy _____ Amount \$ _____

cash

check

In consideration of my entry being accepted, I intend to be legally bound and do hereby, for myself, me heirs, and executors, waive all rights and claims for damages which I may have or which hereafter accrue to me against the sponsors or any subsidiary, Valwood Schools, its or their respective officers, agents, representatives, successors, assigns and sponsors for any and all damages or injuries which may be sustained or suffered by me in connection with my association with or entry or participation in the Track Meet. If I should suffer injury or illness, I authorize the officials of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. **I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.**

GA store 20100226

Signature of participant

Date

Signature of Parent or Guardian