



Syracuse Chargers

All Comers / All Ages Summer Track & Field Meets 2024

@ Clinton Central HS - Wed July 17th & Wed July 31st

FREE! – Sign up for events on site. Print out this form and bring it pre-signed to expedite

Registration: 5:00–5:30pm – 5:30pm start

Order of events:

HH (13 & under = 55m hurdles / 14+ = 100m or 110m)

100m (13& under = 55m dash)

One mile

200m

200H

800m

3000m

Long Jump / Triple Jump

High Jump*

Pole Vault* (Vaulters must bring their own certified poles)

Shot Put / Discus / Javelin / Weight* / Hammer* (Throwers must bring their own age-appropriate implements).

(Anyone throwing all 5 implements at Clinton will get a “Throws Pentathlon” score)



Name _____ M _____ F _____ Age _____

Club/School _____ Date of Birth _____

Home Address (Street) _____

City, State, Zip _____

Phone # _____ Guardian’s address (if different from above): _____

Emergency contact _____ Emergency contact phone # _____

Waiver: In consideration of this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs and executors, and administrators, waive and release any and all rights and claims for damages I may have against the Syracuse Chargers Track Club Inc., Onondaga Enterprises, the Road Runners Club of America and all other sponsors and their representatives. I attest and verify that I am physically fit and have sufficiently trained for these events. I am aware that medical support for these meets will be volunteers who will be prepared to administer first aid assistance only. I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in these meets.



I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature of Participant:

_____ Date: _____

_____ Date: _____

(Signature of parent or guardian for all participants age 17 or younger.)