



# "THE LIONS ROAR"

## Track & Field Games



**SALADO LIONS CLUB**  
presents:

TRACK AND FIELD  
EVENTS  
FOR ALL  
Men, Women  
& Children

**SALADO, TEXAS**



**Uncage the Lion in you.**

**REGISTRATION  
INFORMATION:**

2015

**Event Date**  
**11-21-15**

Registration Deadline:  
Postmarked by  
November 17, 2015

### SCHEDULED EVENTS

TRACK: Individual	60M	100M	200M	400M	800M	1600M
TRACK: Relay	4X100M		4X400M			
FIELD Events:	Shot Put	Javelin	High Jump	Long Jump		

### EVENT FEES

Please submit all entry fees with registration. **[\$30.00 covers all cost including one primary event. \$4.00 for each additional event.]** Each relay team member must complete their own registration form.

### AGE INFORMATION

Eligibility: All Athletes of all age groups welcome:

Please circle age grouping.

**9-10, 11-12, 13-14**

**15-16, 17-18**

**Open 19-29**

**Masters: age 30 to 90**

**30 - 34 35 - 39 40 - 44**

**45 - 49 50 - 54 55 - 59**

**60 - 64 65 - 69 70 - 74**

**75 - 79 80 - 84 85 - 89**

**Ninety and Above**

Age Validation: All athletes required to provide verification of age.

Enter as many events as interest and event schedule permits.  
See Event Rules. >>>>>

### EVENT RULES

All events will be conducted in accordance with USA Track & Field Official Rules unless otherwise specified.

Athletes are required to provide their own Javelin, as well as competition attire, with the exception of the "Lions Roar" T-Shirt, which is included with completed registration packet and fees.

It is the responsibility of each participating athlete to be at each registered event at least 15 minutes before the scheduled start. No refunds for missing an event.

Signed WAIVER must accompany registration fee.

### EVENT LOCATION AND CONDITIONS

"LIONS ROAR" Track & Field Games will be held at SALADO JUNIOR HIGH SCHOOL, Thomas Arnold Road, Salado, Texas

Salado Lions Club reserves the right to cancel any event due to insufficient registration, weather, or other conditions beyond their control. Should such a cancellation occur, athletes will be notified by email or phone. Every effort will be made to contact registrants prior to start. Rain/weather related delays, if needed, will be held 11-22-15

For information on local accommodations, see [www.salado.com](http://www.salado.com)

**SEE REVERSE SIDE:**  
**Registration Form, Waiver, Registration Methods and Event Schedule**

# REGISTRATION FORM

Name \_\_\_\_\_ Gender \_\_\_\_\_

Email address \_\_\_\_\_

Mailing address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Pho. # \_\_\_\_\_ Cell # \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_



Please circle T-Shirt size below

S M L XL XXL

I, the undersigned, desire to voluntarily participate in the Track & Field Games sponsored by the Salado Lions Club and held at the Track and Field Facilities of Salado Independent School District. I understand that no guarantee may be given for my safety, either as a participant in the event or traveling to, or from such event. I hereby indemnify and hold harmless the Salado Lions Club, Salado Independent School District, all officers, staff, administrators, volunteers and representatives of Salado Lions Club and Salado ISD from and against any and all loss, liability or expense, including attorney's fees, arising or resulting from my participation in the Track and Field Games during the month of November, 2015.

I further agree to allow the Salado Lions Club to publish photographs taken while I may be participating in the Track and Field Games described on this form.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

## HOW TO REGISTER

**ON-LINE:** Download for print: [www.trackforlife.com](http://www.trackforlife.com) / [www.salado.com](http://www.salado.com)

**MAIL-IN:** Complete above registration form and mail, with entry fee, to Salado Lions Club, P. O. Box 372, Salado, Texas 76571

**OTHER:** Contact Dave Swarthout: [dswarhout1@centurylink.net](mailto:dswarhout1@centurylink.net)  
Registration must be postmarked by Nov. 17, 2015 No registration day of meet.

**TIME LINE OF EVENTS** Check boxes below for events in which you wish to compete.

### FIELD EVENTS

Long Jump  9:00 a.m. High Jump  10:00 a.m. Shot Put  11:00 a.m. Javelin  9:00 a.m.

### TRACK EVENTS

Track events begin at 10 A.M. with the 60M  and continue in the following order:

800M  100M  400M  4X100M  1600M  200M  4X400M

