

All-Comer Track & Cross Country Series

Every Tuesday – June 1st through August 17th

Track meets – June 1st through July 6th at Valwood School

Track gates open at 6:00 PM

Cross Country meets – July 13th through August 17th

1 mile starts at 7:00 PM, 5K to follow

Track location: Valwood School – 4380 Old Highway 41. Track is located to the right of the football stadium – back part of the property.

Track surface: 8 lane 400 meter asphalt track - NO SPIKES - Wear training shoes or road racing shoes. There are no facilities for blocks in the sprint distances – all running events will be a two command – standing position start.

Track Events: Due to time limitations, a split schedule with a balance of sprint and distance events is offered.

- ◆ June 1st, 15th and 29th – 50m, 200m, 400m, 4x400m and 1600m will be contested
- ◆ June 8th, 22nd and July 6th – 50m, 100m, 800m, 4x100m and 3200m will be contested
 - ◆ 6:30 PM – 4x100 m / 4x400 m relays – baton will be supplied
 - ◆ 6:45 PM – 800m / 400m
 - ◆ 7:00 PM – 50 meter (youth 10 and under)
 - ◆ 7:20 PM – 100m / 200m
 - ◆ 7:45 PM – 3200m / 1600m

TRACK MEET POLICIES:

- ◆ Race times listed are approximate. Should the meet get as much as 20 minutes ahead of schedule, events will proceed, so allow for this possibility in the arrival and warm-up. Should the meet fall behind, athletes should keep track of the event being contested and listen for announcements concerning the starting time for their events.
- ◆ Lightning: The meet will be delayed/canceled in the event of lightning.
- ◆ Heats/Sections: Each event will be run with heats/sections attempting to match performances. Slower to faster sections.
- ◆ ALL competitors in running events must check in with the clerk-of-course within five minutes of the announcer's call. The announcer will make two calls - a first call and a final call. Runners who have not checked in with the clerk for their heat assignment will not be permitted to run.
- ◆ Warm-ups should not be conducted on the track while races are in progress.
- ◆ Children 8 and under may not participate in races longer than 800 meters.
- ◆ School restrooms will be made available near the track
- ◆ Water – A cooler of water with cups will be available for everyone. Suggest you bring some of your own.
- ◆ Trash – Please police your area and make sure you pick up all trash.
- ◆ Parents and coaches: For the safety of the children, please make sure they are supervised at all times.

Cross Country Course location: Freedom Park – Guest Road is just north of the Harvey’s Supermarket on Bemiss Road.

Cross Country Course surface: Mostly mowed grass – some pine straw and pebble gravel.

Cross Country Course dates: July 13th, 20th, 27th, August 3rd, 10 and 17th.

Cross Country Course events: 1 mile and 5K distances. The 1 mile is a loop course. The 5K is a multi-loop course to make spectator friendly and easy to monitor.

Entry Fee: Two payment options: Pay per week, or a package deal – no refunds.

Pay per week: Please bring correct change.

- ◆ Pay \$1.00 per individual 14 years or less.
- ◆ Pay \$2.00 per individual 15 years or older.

Package Deal: receive a non-transferable laminated card that must be brought to each meet for entry.

- ◆ 14 years or younger - pay \$10 per individual and have free entry into all six (6) track meets and all six (6) Cross Country meets – every Tuesday evening from June 1st through August 17th.
- ◆ 15 years or older - pay \$20 per individual and have free entry into all six (6) track meets and all six (6) Cross Country meets – every Tuesday evening from June 1st through August 17th.

Go to Get Active to sign up for the Package Deal offer.

Cash or checks made payable to A Course Line, LLC.

Awards and T-Shirts: No T-Shirt or Awards are offered. No frills event. Water will be provided – however would suggest you bring additional water/drink too.

Additional Information: Call Get Active Running & more...229-219-0010

Please stop by Get Active or mail the completed entry form below along with payment to:

A Course/Line, LLC – 3200-C North Ashley Street – Valdosta, GA 31602

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

Name _____ email address _____

Address _____

City _____, State _____ Zip Code _____

Age (as of 06/01/10) _____ Birth Date _____ Male ____ Female ____

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 All Comer 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 20100321

Signature of participant

Date

Signature of Parent or Guardian