

## 4x100M/4x400MRELAY

Please list your relay team members.

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Entry fee is \$3 (per leg) with registration of (1) field/running events and does not effect your limit of events.

## WAIVER/CONSENT

In consideration for entering this event, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Fremont Ross Track and Field, Fremont Ross High School, Fremont City Schools, The City of Fremont, event officials, event volunteers, event sponsors and suppliers and any and all individuals associated with this event, their representatives, successors and assignees and will hold them harmless from any and all injuries suffered in connection with this event.

I hereby attest that I am physically fit and sufficiently prepared to complete this event.

Signature

Date



### ANNOUNCING A SPECIAL PARTNERSHIP //

The Big Ten Network's Live Big campaign will feature The David John Guardiola Track & Field Meet this year. The network will attend our meet on July 9, 2011 and will feature an on-air profile in October 2011 during an OSU Big Ten Tailgate.



All proceeds to  
The David John Guardiola Scholarship Fund.

**7TH ANNUAL**

**FAMILY FUN!**  
OPEN TO AGES 3-50+

**FIELD EVENTS**  
Softball, Shot Put, Discus  
Hammer Throw, Long Jump, High Jump

**RUNNING EVENTS**  
800M Fast Walk, 100 Hurdles, 50M  
100M, 400M, 1600M, 200M  
3200M, 4x100M Relay, 800M

davidjguardiola.com

**REGISTER ONLINE!**  
**DAVID JOHN GUARDIOLA**  
**TRACK & FIELD MEET**  
**FREMONT ROSS TRACK FIELD**  
**RACE DAY 2011**  
**JULY 9**

All proceeds to the David John Guardiola Scholarship Fund.

# SATURDAY / JULY 9, 2011

## Fremont Ross High School Track Field

1100 North Street, Fremont

All-Weather 8-Lane Track

### MEETSCHEDULE

- 9:00 am Registration opens.
- 10:00 am Registration ends.  
Javelin Throwing Clinic/Exhibition \*FREE\*
- 10:30 am Field events begin with:  
girls/boys - softball  
girls/boys - shot put  
girls/boys - discus  
girls/boys - hammer throw  
girls/boys - high jump  
girls/boys - long jump  
(open pit 2 hours - all participants)
- 11:30 am Running events -  
(rolling time schedule)  
800m Fast Walk  
4x100m Relay  
100m hurdles  
1600m  
50m [ages 3-6 only]  
400m  
100m  
3200m  
200m  
800M \*Featured Event\*  
4x400M Relay

Medals for 1st, 2nd and 3rd. Ribbons for 4th, 5th and 6th.  
Award presentation after final results are completed.

#### PLEASE NOTE:

Copy of birth certificate should be on hand.  
Meet officials can deny participation if no proof of age is provided. Age is determined by athlete's age on July 9, 2011.



### REGISTRATION INFORMATION

Online at [www.davidjguardiola.com](http://www.davidjguardiola.com) or mail-in.

Pre-registration : by July 1, 2011  
\$6 for 1st event : \$2 for each addt'l.

Late and Day of Event Registration  
\$8 for 1st event : \$2 for each addt'l.

### EVENT INFORMATION

#### LIMIT 3 EVENTS

##### Ages 3-6

50M, 100M, Long Jump, Softball

##### Ages 7-8

100M, 200M, 400M, 800M, Long Jump, Softball

#### LIMIT 4 EVENTS

##### Ages 9-10

100M, 200M, 400M, 800M, 1600M, 4x100M Relay\*\*,  
Long Jump, High Jump, Shot Put, Discus

##### Ages 11-49, 50+

800M Fast Walk\*, 100M, 200M, 400M, 800M, 1600M,  
3200M, 4x100M Relay\*\*, 100M Hurdles, Long Jump,  
High Jump, Shot Put, Discus, Hammer Throw\*

\* **800M Fast Walk/Hammer Throw**  
for Age Group 19-39 and 40+ only.

\*\* **4x100M Relay**  
for Age Group 13-50+ only.

### 4x400M RELAY

#### Ages 13-50+

Entry fee is \$3 (per leg) with registration of (1) field/  
running events and does not effect your limit of  
events. Entry form on back of registration form.

### REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Email Address / Phone Number \_\_\_\_\_

Date of Birth \_\_\_\_\_

Please check all that apply:

**AGE GROUP** (age group as of July 9, 2011)

- |                                |                                |                                |
|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> 3-6   | <input type="checkbox"/> 13-14 | <input type="checkbox"/> 30-39 |
| <input type="checkbox"/> 7-8   | <input type="checkbox"/> 15-16 | <input type="checkbox"/> 40-49 |
| <input type="checkbox"/> 9-10  | <input type="checkbox"/> 17-18 | <input type="checkbox"/> 50+   |
| <input type="checkbox"/> 11-12 | <input type="checkbox"/> 19-29 |                                |

#### FIELD EVENTS

- |                                   |                                    |                                       |
|-----------------------------------|------------------------------------|---------------------------------------|
| <input type="checkbox"/> Softball | <input type="checkbox"/> High Jump | <input type="checkbox"/> Discus       |
| <input type="checkbox"/> Shot Put | <input type="checkbox"/> Long Jump | <input type="checkbox"/> Hammer Throw |

#### RUNNING EVENTS

- |                               |  |
|-------------------------------|--|
| <input type="checkbox"/> 50M  | <input type="checkbox"/> 1600M                       |
| <input type="checkbox"/> 100M | <input type="checkbox"/> 3200M                       |
| <input type="checkbox"/> 200M | <input type="checkbox"/> Hurdles                     |
| <input type="checkbox"/> 400M | <input type="checkbox"/> 800M Fast Walk              |
| <input type="checkbox"/> 800M | <input type="checkbox"/> 4x400M Relay (list on back) |

#### RELAY FOR RUN - 4x100M RELAY \*FREE\*

- Yes, I would like to run a leg in a relay. Age Group 13-50+ Only.  
This event is free with registration of (2) field/running  
events and does not effect your limit of events.

#### REGISTRATION FEE

Registration prior July 1st - \$6.00= \_\_\_\_\_  
Registration after July 1st - \$8.00= \_\_\_\_\_  
Events \_\_\_\_ x \$2.00= \_\_\_\_\_  
4x400M Relay - \$3.00= \_\_\_\_\_  
**TOTAL ENTRY FEE DUE=** \_\_\_\_\_

#### Check payable to:

**Guardiola Scholarship Fund**  
P.O. Box 1571, Fremont, OH 43420

CUT HERE