

**Youth Summer Track & Field / Fall X-Country Program
2010 Registration Form**

Last Name _____ First Name _____
Address _____ City _____ State _____ Zip _____
Home Phone _____ Cell _____ Parents email _____
School Attending _____ Grade Entering _____ Age _____ Date of Birth _____ (M)(F)
Father's Name _____ Phone Numbers _____
Mother's Name _____ Phone Numbers _____

Registration: **To insure that the participants T-Shirt is ready for the 1st day of this program, registrations must be received by May 8, 2010.**
Registrations will also be taken at Swisher Field on May 8th, 2010 between 9 AM and 2 PM
Registrations will be accepted up to and including June 1, 2010 (you may need wait for your T-shirt)

Program Information

Who: All youth, starting with those entering Grade 1 in the Fall of 2010 through High School and beyond.
What: This program is to provide training and participation in a variety of Track & Field events and Distance running.
Where: **Track & Field** - Swisher Field-Al Sahli Track, Aberdeen Central High School, Aberdeen SD
X-Country - location to be announced later
When: **Track & Field** - Tues & Thurs, June 1 thru July 1, 6:30 PM to 7:30 PM for Beginners and Intermediate
6:45 PM to 8:00 PM for Advanced
Make up days, due to weather, are Wednesdays (to be announced as necessary)
Weather Related Schedule changes: announced on KSDN AM (930) Radio
Also posted 1 hour prior to practice at www.aberdeenarearunningclub.com
X-Country - all ages - Mondays, Sept 13 thru Nov 1, (except Oct 11), 5:00 to 6:00 PM, location to be announced later
Staff: Coaches from NSU, and other experienced coaches.
Coaches will be USA Track & Field members and Certified as USATF Officials.
Fee: **Track & Field \$40**
X-Country \$20
Includes: T-Shirt, coaching, and Aberdeen Area Running Club membership (if under age 18)
If under age 18, log onto www.aberdeenarearunningclub.com and join as Associate Member.
Shirt Size (circle one) S M L XL Adult S M L XL

Mail completed form and fees (check or Cashiers Check) to:

Aberdeen Area Running Club
PO Box 1942
Aberdeen , SD 57402-1942

Or bring the completed form and fees to Swisher Field on May 8, 2010 between 9 AM and 2 PM.
For questions contact Gaylan Lang 605-380-2720 or gaylanlang@abe.midco.net

Waiver and Release of Claims

Please read this form carefully and be aware that in registering yourself or your child/ward for participation in the Aberdeen Area Running Club Youth Summer Track & Field Program, you will be waiving and releasing all claims for injuries you or your child/ward might sustain arising out of the summer track program.

I recognize and acknowledge that there are certain risks of physical injury to participate in the summer track and field / X-Country program and I agree to assume the full risk of any such injuries, damages or loss regardless of the severity which I or my child/ward may sustain as a result of participating in any activities connected or associated with the summer track / X-Country program. I waive and relinquish all claims that I, my insurer, or my child/ward may have against the Aberdeen Area Running Club, City of Aberdeen, Aberdeen Public Schools, Northern State University, their directors, officers, employees, as to all claims, damages or losses which I or my child/ward may have or which may accrue to me or my child/ward on account of my participation or the participation of my child/ward in the summer track & field / X-Country program.

"The Aberdeen School District neither endorses nor sponsors the organization or activity represented in this document. The distribution of this material is provided as a community service."

I have read and fully understand the above Details and Waiver and Release of all claims.

Participant or Parent/Guardian Signature _____ Date _____ Prior to Participation

This Program is Hosted by the



OTHER TRACK & FIELD EVENTS AVAILABLE THIS SUMMER:

June 11 & 12, 2010 - The Aberdeen Area Running Club will be hosting the USATF Dakotas Junior Olympics Track & Field Championships at Swisher Field. The information for participating in those events is available at www.aberdeenarearunningclub.com
Click on the GREEN USATF 2010 Track & Field Dakotas Junior Olympics tab to download the information.

June 15, 2010 - Aberdeen Parks & Recreation Hershey Meet.

June 26, 2010 - The Aberdeen Parks & Recreation Department will also be hosting the State Hershey Track Meet at Swisher Field. Additional information is available through the Parks & Recreation Department. 605-626-7015

July 8 thru 11, 2010 - the USATF Region 8 Championships will be held Simpson College, Indianola, IA.