

**TRACK & FIELD ENTRY FORM – GRANDFATHER MOUNTAIN HIGHLAND GAMES**

NAME \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_

PHONE # \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

**ON FIELD REGISTRATION (\$10.00):**

AT THE ATHLETIC TENT SATURDAY 9:30 AM UNTIL 12:00 PM

1. EACH CONTESTANT IS LIMITED TO 5 EVENTS.
2. PLEASE INDICATE YOUR BEST EVENT PERFORMANCE IN THE PAST 2 YEARS.
3. EACH EVENT MUST HAVE 3 PARTICIPANTS OR IT WILL BE CANCELLED.

**SATURDAY'S TRACK AND FIELD EVENTS**

EVENT	QUALIFYING TIMES		YOUR BEST IN PAST 2 YRS		EVENT	QUALIFYING TIMES		YOUR BEST IN PAST 2 YRS	
	MEN	WOMEN	MEN	WOMEN		MEN	WOMEN	MEN	WOMEN
____ 100 YD DASH	:12.5	:15.0			____ 2 MILE RUN	11:30	13:00		
____ 220 YD DASH	:28.0	:33.0			____ LONG JUMP	18'			
____ 440 YD DASH	:59.0	1:10			____ TRIPLE JUMP	30'			
____ 880 YD DASH	2:20	3:30			____ HIGH JUMP	5'-8"			
____ 1 MILE RUN	5:00	6:30			____ POLE VAULT*	8'	7'		

\*INDICATE OPENING HEIGHT (NON-BINDING)

AWARDS: MEDALS FOR ALL EVENTS WILL BE AWARDED AT THE AWARD'S CEREMONY FOLLOWING THE LAST EVENT AT APPROXIMATELY 3:30 PM. OUTSTANDING ATHLETE WILL BE PRESENTED AT THE END OF THE CEREMONY. WINNERS MUST BE PRESENT TO RECEIVE AWARDS.

DATE \_\_\_\_\_

PAID \$ \_\_\_\_\_

CONTESTANT # \_\_\_\_\_