

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

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

EMERGENCY CONTACT PHONE # \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

**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'-6"	8'-6"		

\*Standards lowest height is 8'-6"

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 # \_\_\_\_\_