

ALL AGES SUMMER TRACK SERIES



Bridge of Flowers

2007

MONDAY NIGHTS
IN JULY!

JULY 9, 16, 23, 30th

MOHAWK TRAIL REGIONAL HIGH SCHOOL
Route 112, BUCKLAND, MA

RUBBERIZED 8 LANE TRACK!

sanctioned by



**FUN FOR
EVERYONE**

Cross Country Race each week at 5:45 (for adults & teens)

Featured Events 7:00 pm each evening, prizes for top male & female

Week 1- Cross Country • Week 2- 400 Meter • Week 3- Mile • Week 4- 800 Meter

Registrations start at 5:00pm - Events start at 5:30

here is the approximate time for each event...listed by age group

4 & Under	5-7	8-10	11-13	14-16	Adult 17 & up
5:30 100 meter 5:50 Ball Throw 6:10 Obs. course 6:30 50 meter	5:30 100 meter dash 5:50 Obs. course 6:10 Ball throw 6:30 50 meter dash	5:30 Long jump 5:50 200 meter 6:10 Ball Throw 6:30 100 meter dash 6:50 Mile	5:30 Long jump 5:50 200 meter 6:10 Discus 6:30 100 meter 6:50 Shot put 7:10 Mile	5:30 Discus 5:50 Long jump 6:10 200 meter dash 6:30 Shot put 6:50 100 meter 7:10 Mile	5:50 Discus 6:10 200 meter dash 6:30 Shot 6:50 100 meter 7:10 L jump 7:30 400 meter 7:45 Mile

REGISTER ONLY 1 TIME...Keep Your SAME NUMBER For Use Each Week!

PAY \$10 FOR THE WHOLE SEASON -YOU GET ONE MEET FREE!

REGISTRATION FORM

**COMPLETE THIS
FORM AT HOME &
BRING
TO THE MEET
WITH ENTRY FEE!**

Name of Competitor: _____

Age _____ Male Female School: _____

ENTER THIS WEEK ONLY \$3.00

ENTER FOR THE SEASON - \$10.00 (get one week free, household of 4 or more-\$40 season)

Persons UNDER 18 YRS. - Responsible Adult Signature _____ (required for participants under 18 years of age)

I take full responsibility for any injury suffered by the above-named minor and agree to hold harmless the sponsors of this meet, including the track officials, Mohawk High School, organizers & Bridge of Flowers Society.

(Date)

(parent or responsible Adult Signature)

Persons 18 & OVER Sign Here

I am competing in these track meets of my own free will. I understand that there are risks in athletic competition, including injury & death. I take full responsibility for any injury I may suffer in this track meet & I agree to hold harmless the sponsors of this meet, including track officials, MTRHS & meet organizers.

(Date) _____ (Your Signature) _____

• REMEMBER: You Can Pick Up Your BRIDGE OF FLOWERS ROAD RACE APPLICATIONS at The Meet.

• REMEMBER: The track meet only accepts 1/8" spikes. Warm ups restricted to the 3 outside lanes of the track!

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