

Spring TrackFest & 5k

at Sioux Park in Rapid City on Sunday - April 15, 2012



TRACK & FIELD MEET AND CLINIC FOR ELEMENTARY/MIDDLE SCHOOL KIDS!

5K RUN, MILE RUN, 100m DASH & 400m DASH FOR ADULTS AND KIDS OF ALL AGES!

CHANCE TO WIN LOTS OF WONDERFUL PRIZES!

ELEMENTARY/MIDDLE SCHOOL KIDS - COST IS \$25 IF REGISTERED BY APRIL 14 - PRICE INCLUDES:

- * Track and Field Clinic (provided by local H.S. track and field athletes and coaches)
- * TrackFest T-shirt (for all participants registered by April 11 @ 10:00pm) (given at registration)
- * Unlimited number of running events and field events (sign-up for your events when you register)
- * Tootsie Pops for all Finishers in each running event (presented after each running event until we run out)
- * \$2 of your entry fee goes to "Coaches vs. Cancer"!

5k RUN and other OPEN EVENTS (kids to adults) - COST IS \$25 IF REGISTERED BY APRIL 14 - PRICE INCLUDES:

- * TrackFest T-shirt (for all participants registered by April 11 @ 10:00pm) (given at registration)
- * Unlimited number of running events in the Open Division (sign-up for your events when you register)
- * Medals to the top 3 placers of each open event.
- * \$2 of your entry fee goes to "Coaches vs. Cancer"!

12:00pm - 12:45pm - Check-in for all participants and Late Registration (Late Registration includes a \$5 late fee)

1:00pm - Clinic and Field Events for Elementary/Middle School Kids (on the infield of the track)
5K Run/Walk (on the bike path - starts and finishes in the stadium)

2:00pm - Running Events Begin (All events are youngest to oldest unless otherwise indicated)

- * Elementary/Middle School 400 Meter Dash (2nd through 8th Grade only - girls than boys - may combine some)
- * Open 400 Meter Dash (Females followed by males - may combine depending on numbers)
- * Elementary 75 Meter Very Low Hurdles (Kindergarten through 5th grade - girls than boys)
- * Middle School 75 Meter Low Hurdles (6th Grade through 8th Grade - girls than boys)
- * Elementary/Middle School 100 Meter Dash (Kindergarten through 8th Grade - girls than boys)
- * Open 100 Meter Dash "Fastest Woman/Man in the Black Hills" (Females followed by males)
- * Elementary 50 Meter Dash (Kindergarten and 1st Grade only - girls than boys)
- * Toddler 20 Meter Run (4 years old and younger - FREE EVENT - LISTEN FOR ANNOUNCEMENTS)
- * Elementary/Middle School 200 Meter Dash (Kindergarten through 8th Grade - girls than boys)
- * Middle School 800 Meter Run (6th Grade through 8th Grade - girls than boys - may combine grades/genders)
- * Open Mile Run (Females followed by males - may combine depending on numbers)
- * Elementary/Middle School 4 x 100 Meter Relay (Bring your own team or we can help you form one)

COMPLETE RESULTS OF ALL EVENTS CAN BE FOUND AT WWW.SPRINGTRACKFEST.COM

TO REGISTER - There are **TWO** ways to register for this clinic, track meet and 5k. First of all, you can go to www.springtrackfest.com to register online before the early registration deadline - **Saturday - April 14th @ 10:00pm!** Your second option is to fill out the attached registration form with check payable to "Rapid City Track & Field Camp" and send to Paul Hendry at 8420 Countryside Blvd., Rapid City, South Dakota 57702 **by April 14th**

RAIN DATE: APRIL 29, 2012 (SAME PLACE - SAME TIME)

NAME: _____ MALE: _____ FEMALE: _____

HOME PHONE: _____ EMERGENCY PHONE: _____

SCHOOL DIVISION: K _____ 1ST _____ 2ND _____ 3RD _____ 4TH _____ 5TH _____ 6TH _____ 7TH _____ 8TH _____

CHOOSE YOUR EVENTS: 50m _____ (K-1 Grade Only) 100m _____ 200m _____ 400m _____ (2-8 Grades Only)
800m _____ (6-8 Grades Only) 75m Hurdles _____

OPEN DIVISION (ALL AGES - KIDS TO ADULTS) _____

CHOOSE YOUR EVENTS: 100m _____ 400m _____ Mile Run _____ 5k Run _____

I hereby acknowledge the health of myself and/or my child to be ready for vigorous activity at the Spring TrackFest and authorize the directors to secure any emergency treatment deemed necessary. I hereby release the directors, coaches, City of Rapid City and the Rapid City School District from all claims on account of any injuries which may be sustained by myself and/or my child while attending the Spring TrackFest. I also understand that any medical bills incurred by myself and/or my child while in attendance at the Spring TrackFest will be my responsibility or on my family health insurance plan.

Signature: _____ Date: _____

Parent Signature (if under 18): _____ Date: _____