



SVPD TRACK & FIELD - 2014

Please COMPLETE AND RETURN THIS PAGE by the first day of practice (April 7th / or at parent meeting on March 25th)

First and Last Name of Athlete: _____ *Grade:* _____

Name of Parent(s): _____

Home phone number: _____

Email (please print): _____

Running Events: During the season each athlete will participate in at least ONE event from each area (sprint, distance, field and relay) as well as one additional event.

<u>Sprints:</u>	<u>Distance:</u>
100 meter dash	800 meter run (2 laps around track)
100 meter hurdles - sprinting over a barrier	1600 meter run (4 laps around track)
200 meter dash (1/2 track)	
400 meter dash (1 full lap around track)	

<u>Field Event Options:</u>	<u>Relays:</u>
Shot Put	4 X 100
Long Jump	4 X 200
High Jump	Medley 1X1X2X4 (Girls)
	Medley 2X2X4X8 (Boys)

My top 2 choices for running events are:

1. _____
2. _____

The field event I'd like to participate in is:

1. _____