

Ellinwood's Central Kansas Cruisers' Annual Track Meet April 30, 2011

Location: Ellinwood High School Track (7th and Park St.)
Field events will begin at 9am and running events at 10am.

Entry fee is \$11 per athlete if received by April 27, and \$15 if received after April 27. Please make check payable to Central Kansas Cruisers. No refunds.

Each athlete may compete in 4 events if one is a relay, otherwise only 3 events.
Medals will be handed out to 1st -3rd and ribbons to 4th -6th. All races are final. Heats and flights will be seeded off of times and distances provided on entry form.

Concession stand will be available. Tents must be kept outside fence or in stands. For questions contact Katherine Mountain at 620-564-3534 or mountaindesigns7@yahoo.com

Events: long jump, shot put, high jump, discus, 80m hurdles, 50m dash, 100m dash, 200m dash, 400m dash, 800m run, 1600m run, 3200m run, 4x100 relay, Medley Relay (100-100-200-400)
Each relay team must provide their own baton. 3 attempts in field events, rolling schedule, severe weather cancels. Age groups (based off of your 2011 birthday): primary 6&under, sub bantam 7-8, bantam 9-10, sub-midget 11, midget 12-13

Order of Events 10am 3000m run 80m hurdles ⁽¹¹⁻¹³⁾ 50 m dash ^(6&u) 100m dash 1500m run 4x100 relay 400m dash 800m run 200m dash Medley relay	There are 2 long jump pits, 2 shot put rings, 2 high jump pits, and 1 discus ring Girls at North long jump pit, Boys at South long jump pit Girls at North shot put ring, Boys at South shot put ring Girls at the East high jump pit, Boys at the West Girls and Boys at North discus ring
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If necessary, we will combine heats or flights
 please mail entry form and payment to:
 Katherine Mountain
 608 N Bismark
 Ellinwood, KS 67526

E-mail: _____

Athlete's Name: _____ Phone number: _____

PARENT/GUARDIAN: I give permission for the above athlete to participate in the Ellinwood Track Meet. I understand the CKC and meet organizers are NOT responsible for any accidents during the meet.

Club: _____ Parent/Guardian Signature: _____

Address: _____ Date: _____

Date-of-birth: ____/____/____ Age Group*: _____ Sex: _____
*Based on how old they will be in the year 2011

Event entries	Time/Distance	Relay Team Members
1. _____	_____	1. _____
2. _____	_____	2. _____
3. _____	_____	3. _____
4. _____	_____	4. _____