

# **2018 SUMMER TRACK SERIES**

Thursdays, May 31st, June 7th, 14th, 21st & 28th

Registration begins at 6:00 PM, Competition begins at 6:30 PM

**EAST ALTON-WOOD RIVER HIGH SCHOOL TRACK**

**COST**  
**14-UNDER**

**\$3.00** EVERY THURSDAY  
**OR**  
**\$12.00** ENTIRE SERIES

**15-OVER**

**\$4.00** EVERY THURSDAY  
**OR**  
**\$16.00** ENTIRE SERIES

**FAMILY RATE**  
**\$35.00 ENTIRE SERIES**

**AGE GROUPS**

6-UNDER

7-10

11-14

15-19

20-29

30-39

40-49

50-OVER

**MAKE CHECKS PAYABLE TO: RUSS COLONA**  
**MAIL TO: SUMMER TRACK SERIES, ATTN. RUSS COLONA**  
**709 RIDGEWAY, EAST ALTON, IL 62024**

---

**NAME** \_\_\_\_\_ **AGE** \_\_\_\_ **M/F** \_\_\_\_\_  
**ADDRESS** \_\_\_\_\_ **PHONE** \_\_\_\_\_  
**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**\*\*\*MUST SIGN WAIVER ON BACK\*\*\***

# **2018 SUMMER TRACK SERIES**

**THURSDAY  
MAY 31**

**THURSDAY  
JUNE 7**

**THURSDAY  
JUNE 14**

**THURSDAY  
JUNE 21**

**THURSDAY  
JUNE 28**

**10-UNDER  
100 METERS  
50 METERS  
LONG JUMP  
SFTB THROW**

**10-UNDER  
100 METERS  
200 METERS  
LONG JUMP  
FB THROW**

**10-UNDER  
50 METERS  
400 METERS  
LONG JUMP  
SFTB THROW**

**10-UNDER  
50 METERS  
400 METERS  
LONG JUMP  
FB THROW**

**10-UNDER  
100 METERS  
200 METERS  
LONG JUMP  
SFTB THROW**

**11-OVER  
100 METERS  
3000 METERS  
1600 M. WALK  
200 METERS  
1500 METERS  
4X200 RELAY  
DISCUS  
LONG JUMP**

**11-OVER  
100 METERS  
1600 METERS  
1600 M. WALK  
400 METERS  
800 METERS  
4X100 RELAY  
SHOT PUT  
LONG JUMP**

**11-OVER  
100 METERS  
3000 METERS  
1600 M. WALK  
400 METERS  
1500 METERS  
4X200 RELAY  
DISCUS  
LONG JUMP**

**11-OVER  
100 METERS  
3000 METERS  
1600 M. WALK  
200 METERS  
1600 METERS  
4X100 RELAY  
SHOT PUT  
LONG JUMP**

**11-OVER  
100 METERS  
1600 METERS  
1600 M. WALK  
200 METERS  
800 METERS  
4X200 RELAY  
DISCUS  
LONG JUMP**

**\*FOR MORE INFORMATION CALL: 618-972-8635\*  
PROPER FOOTWEAR IS REQUIRED**

SIGNATURE \_\_\_\_\_

**UNDER 18 REQUIRES A PARENT/GUARDIAN SIGNATURE  
WAIVER**

I know that running a race is a potentially hazardous activity. I should not enter to run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete a safe run. I assume all the risk associated with track and field including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and or humidity and the conditions of the track area, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the city of Wood River, East Alton-Wood River High School, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.