

Essex Running Club (ERC) Presents



Join us for ERC's 2015 Junior Track Series to introduce children to the sport of running in a low-key and fun atmosphere. The meets are open to boys and girls ages 4-13. **Only 2 meets this year.**

- Where: Hurrell Field
861 Bloomfield Ave, Glen Ridge, NJ
- When: Sundays July 12th, and 26th
Rain date August 9th
- Schedule: Registration 4:00PM
Meet starts at 5:00PM
- Events: Running: 50 meter (ages 4-6), 100 meter (4 & up), 200 meter (5 & up), 400 meter (6 & up), 800 meter (7 & up) & 1 mile (10 & up), Relays
Field Events: Long Jump, Javelin Throw
- Awards: Ribbons for 1st, 2nd, 3rd, in each heat, participation ribbons for all 8 and under athletes.
- Entry Fee: \$5 per child per meet. Includes all events.
Pre-Registration closes 4 days before each event.
- Pre-registration:
Checks payable to: Essex Running Club
Mail to: Tom Eaton
108 Osborne Street
Glen Ridge, NJ 07028

For more information:
www.essexrunning.org/juniortrackseries
juniortrackseries@gmail.com



Parent/Guardian information

Last name: _____
First name: _____
Mailing address: _____
City: _____ State: _____ Zip: _____
Emergency Contact Phone #: _____ - _____ - _____
E-Mail Address: _____

Child 1:

Last name: _____
First name: _____
Sex: Male/Female Age: _____
Date of birth: mm - dd - yy
Race entered: July 12 July 26

Child 2:

Last name: _____
First name: _____
Sex: Male/Female Age: _____
Date of Birth: mm - dd - yy
Race entered: July 12 July 26

Child 3:

Last name: _____
First name: _____
Sex: Male/Female Age: _____
Date of Birth: mm - dd - yy
Race entered: July 12 July 26

I will volunteer. Please contact me. Yes No
Jobs include timing, handing out ribbons, recording results.

Waiver

Waiver Release: In consideration of this entry being accepted, I hereby waive and release any and all rights and claims to damage that I may have against the Essex Running Club, the Borough of Glen Ridge, race officials, volunteers, and any representatives, for any and all injuries that I may suffer in this event. Further, I state that I am physically able to participate in this event and grant the right to use my likeness in any photographic record of the ERC Junior Track Series. I have had this release signed by a parent or guardian if I am under 18.

Parent/Guardian Signature: _____ Date: _____

Our Sponsors

