

# **FUN IN ATHLETICS**

Brought to you by Edmonton Harriers Track & Field Club

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This is your invitation to take part in the 3rd Edmonton Harriers Track & Field Club “Fun In Athletics” Program

## **THE “SIX PACK”**

**An opportunity for upper elementary (grades 4 – 6) students to experience track & field in an exciting, new format.**

**When: Saturday, May 25th, 2013 from 10 a.m. – 12.30 p.m.**

**Where: Foote Field**

### **What Is The Program?**

6 events: 2 running, 2 jumping and 2 throwing

**Incorporating a local Hershey meet.**

Activities will include warm up activities and a fun-based competition in track & field.

Events: 100 metres, 800 metres, Running Long Jump, High Jump, Ball Throw, Shot Put

Format: Participants (maximum 40 athletes) will be placed in 5 groups of 8 and each group will rotate from event to event (100, Long jump, Ball throw, High Jump, Shot put.) After completing the 5 events all participants will

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gather to run the 800m. For people wishing to take part in the Hershey aspect of the competition there will also be an opportunity to compete in standing long jump at the conclusion of the event. Performances in each event will be recorded and “Results” of the competition will be collated at the end of the meet. All participants will receive a certificate of participation.

**Program Presenters** are parents, coaches and assistant coaches from Edmonton Harriers Track & Field Club

## **Registration:**

The cost is \$15.00 per athlete. **A maximum of 40 athletes** plus young members of Edmonton Harriers will be accepted in this program. Registrations accepted in the order they are received with full payment.

## **Application Form**

To apply, complete the attached form, and send it, along with a cheque (\$15.00 ) to: Shantelle Maissonneuve, 1054 Knottwood Road East, Edmonton T6K 3R4. Cheques should be made out to Edmonton Harriers. Entry deadline: Friday, May 17<sup>th</sup> or as soon as available spots have been filled (enter early to be assured of your participation).

For further updates/changes please check the Harriers website at [www.edmontonharriers.ca](http://www.edmontonharriers.ca)

## **Saturday May 25th 2-5pm**

10.00 a.m. Check In for Fun In Athletics  
10.15 a.m. Group warm Up  
10.30 a.m. Competition begins.  
12.30 p.m. Competition ends

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## 2013 FUN IN ATHLETICS "SIX PACK" APPLICATION

NAME:

Last name: \_\_\_\_\_

Given Names: \_\_\_\_\_

ADDRESS: \_\_\_\_\_, \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Date of Birth \_\_\_\_\_

EMAIL ADDRESS (parents): \_\_\_\_\_

All correspondence goes out by email.

**Emergency Information: Please indicate any medical conditions / contact**

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**Fees are non-refundable.**

### WAIVER CLAUSE

In consideration of your accepting my/my child's application for participation in the Edmonton Harriers (the "Club") Fun In Athletics Program I forever release and discharge the Club, its directors, officers, coaches, employees and agents (collectively the Participants") from any and all actions, damages, claims, demands, costs and expenses whatsoever which might arise by participating in the Edmonton Harriers Fun In Athletics Program whether or not incurred by the negligence of any Participant, and I agree to indemnify and save harmless the Participants, their personal representatives, successors and assigns, against and from all actions, damages, claims, demands, costs and expenses which may hereafter be brought or made against them or any of them by or on behalf of myself/my child because of participating in the Edmonton Harriers Fun In Athletics Program whether or not incurred by the negligence of any of the Participants, except to the extent and amount covered by accident or liability insurance or both.

**I HEREBY APPLY FOR PARTICIPATION IN THE EDMONTON HARRIERS FUN IN ATHLETICS "SIX PACK" Program.**

DATE \_\_\_\_\_

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**Signature of Parent/Guardian if 18 & under**

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**Please note:** Participant numbers will be limited to 40 plus Harriers members.  
**Applications will be accepted on a first come first served basis.** You will be notified whether or not your application has been accepted.

## **HERSHEY PROGRAM**

Incorporated in the Fun In Athletics "Six Pack" day will be a local Hershey Meet. Info about the Hershey Program in Alberta can be found on the Athletics Alberta website [www.athleticsalberta.com](http://www.athleticsalberta.com)

### **Events at this meet that will qualify for Hershey are:**

Born 2003/2004	100m., Standing Long Jump, Ball Throw
Born 2001/2002	100m., 800m, Standing Long Jump, Ball Throw
Born 1999/2000	100m., 800m., Standing Long Jump, Ball Throw

At registration you will be asked if you wish to be included in the Hershey aspect of the meet and which 3 events you choose.