

Waiver

Name: _____
(PLEASE PRINT)

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-Mail Address: _____
(WILL NOT BE SOLD)

Choose up to 2 events (NOT INCLUDING RELAYS)

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> 100 Meters | <input type="checkbox"/> Long Jump |
| <input type="checkbox"/> 400 Meters | <input type="checkbox"/> Shot Put |
| <input type="checkbox"/> 1600 Meters | <input type="checkbox"/> Turbo Javelin |
| | <input type="checkbox"/> Softball |

Male Female Age: _____ DOB: __/__/__

School: _____ Grade: _____

Signature: _____
(Parent/guardian must sign if entrant is under 18 years of age)

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, for any and all injuries suffered by me at this event. Further, I hereby grant permission to any and all of the foregoing to use my photographs, videotapes, and or any record of this event without my permission.

Knights Cup

The Knight's Cup is a community wide track and field series put on by the YMCA and Southington High School Track and Field. Only half of the events in a normal meet are being offered to ensure a safe and timely meet. Elementary and Middle Schools will be competing against each other in order to win the Knight's Cup.

Presented By:



SHS Track & Field

	COMMUNITY RUNNING PARTNER
	THE LAW OFFICES OF SHEFFY • MAZZACCARO DEPAOLO & DENIGRIS

Meet Director – Coach Dan Dachelet
coachdashxc@gmail.com

Knights Cup

Track Series



2 MEETS in 1
Grades 4 to 5
Grades 6 to 8

Sunday, June 10th
CHECK IN- 8 AM
MEET STARTS- 9 AM

Order of Running Events

- 400 Meters
- 100 Meters
- 1600 Meters
- 4x100 Relays

Order of Field Events

- Long Jump
- Shot Put, 6 lb. for Elementary and Middle School or 4kg for Women/12 lb for Men.
- Turbo Javelin, 300 grams for youth, 400 grams for 14 on up. This is a rubber javelin.
- Softball Throw

EACH EVENT WILL RUN IN THE FOLLOWING ORDER: ELEMENTARY SCHOOL, MIDDLE SCHOOL

4x100 Relay

- Relay teams will be formed on the day of the event.
- Medals given out to the top 3 teams for elementary and middle school divisions.
- Will not be counted towards point total.

Registration Info

• Please note that events have limits and registration is taken on a 1st come 1st serve basis

• You may sign up for a maximum of two events (not including relays)

REGISTRATION OPTIONS

• Online registration at www.sccymca.org/knightscup
Use KEYWORD- "Knight"

• Fill in form/sign waiver and send to Southington Community YMCA, 29 High Street Southington, CT 06489

Any questions or difficulties with on-line option, please contact Kevin Simms at ksimms@sccymca.org

Rain Out

We plan to have the meet rain or shine, in the case of severe weather, info will be posted on the

Southington Community YMCA Facebook page

Cost

Donations of \$2-\$5 per event are greatly appreciated the day of the meet at the registration table. Funds go towards the cost of the meet and developing a Youth Running program in Southington.

Check In

Everyone should come to the event check in table located at the entrance to the track. We will confirm which heat you're in and ensure you have filled out the required paperwork.

Warm-up – The track will be open at 8 AM for athletes to warm-up. It is highly recommended that they jog prior to competing. Once the meet starts, no warm-ups will be allowed.

Medical

Water will be provided.

Parents are expected to stay in the stands and watch the meet. Any special needs should be communicated before the meet to the Meet Director.

Practice Session

Each of the field events will be taught by SHS track athletes on Wednesday, May 30th at 5:30 P.M.

Scoring

For grades 4-5 and grades 6-8

Scoring will go 8 deep for each event.
10, 8, 6, 5, 4, 3, 2, 1.

Medals will be given out through 8th place.

The Elementary and Middle School with the most points will win the Knight's Cup for that year. The Cup will remain with the winning school until next year's event.

