



REGISTRATION INFORMATION

HEARTLAND GAMES

**USATF Missouri Valley Association
Masters/Open Track & Field Meet**

REVISED SCHEDULE

Saturday, May 4th 2019



Competition Venue: Hoyt Athletic Field, Friends University, 2100 W University St, Wichita, KS

Registration and Payment Online at www.DirectAthletics.com

REGISTRATION: \$40.

(Price includes access to any of the HEARTLAND GOLDEN GAMES EVENTS as a participant, a T-shirt and lunch)

For More Information call Larry Staton at 316-214-4655 Or, Email STCsprinter@Gmail.com

Events to be Contested: Register & Pay Online at www.DirectAthletics.com

*** 55 Meters	*** 1500 Meters	***300 M Hurdles	*** Javelin	*** Weight Throw
*** 100 Meters	*** 3000 Meters	*** 400 M Hurdles	*** Standing Long Jump	*** Super Wt Throw
*** 200 Meters	*** 5000 Meters	*** Long Jump	*** Shot Put	*** Pole Vault
*** 300 Meters	*** 80 M Hurdles	*** High Jump	*** Discus	*** Softball Throw
*** 400 Meters	*** 100 M Hurdles	*** Triple Jump	*** Hammer	
*** 800 Meters	*** 1500 Meter RaceWalk	*** 3000 Meter RaceWalk		

FIELD EVENTS (Revised Schedule)

8:30 ----- Shot Put (Women first in the following events)
Discus (following Shot Put)
Hammer Throw (following Shot Put)
Weight Throw (following Hammer Throw)
Super Weight & Javelin (following Weight)

11:00 ----- High Jump (**Progressive Heights, Men & Women Combined**)
11:45 ----- Pole Vault (**Progressive Heights, Men & Women Combined**)
12:00 ----- Long Jump, Standing Long Jump, Triple Jump (**Cafeteria Style**)
1:20 ----- Softball Throw (To be held on the Football Field)

RUNNING EVENTS

(No Rolling Schedule will be applied.)

1:00 ----- 80/100/110 Hurdles
1:20 ----- 3000 Meter Racewalk
1:50 ----- 100 Meter Dash
2:00 ----- 3000 Meter Run
2:25 ----- 55 Meter Dash
2:45 ----- 1500 Meter Run
3:05 ----- 200 Meter Dash
3:30 ----- 800 Meter Run
3:50 ----- 1500 Meter Racewalk
4:05 ----- 300 Meter Dash
4:05 ----- 300 Meter Hurdles
4:10 ----- 400 Meter Hurdles
4:25 ----- 5000 Meter Run
4:45 ----- 400 Meter Dash

HEARTLAND GAMES

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LIABILITY WAIVER

(Must be signed to compete in The Heartland Games Track & Field Meet)

In consideration of being allowed to participate in, or assisting others in participating in **The Heartland Games Track & Field Meet**, its related events and activities, the undersigned acknowledges, appreciates, and agrees that: **1.** The risk of injury involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, **2.** I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation; and **3.** I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, **4.** I, for myself, and on behalf of my heirs, assign personal representatives and next of kin, hereby release and hold harmless **The Heartland Games, USATF Missouri Valley Association and Friends University**, their officers, officials, agents and/or employees, other participants, sponsoring agencies, advertisers, sponsors, and, if applicable, owners and lessors of premises used to conduct the event ("releasees"), and in particular, **Senior Services of Wichita, USATF Missouri Valley Association and Friends University**, with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

SIGN HERE TO PARTICIPATE

Participant's Signature

Name of Participant

Date

By affixing my signature hereto, I attest that I am physically fit and have trained sufficiently for the activities in which I intend to participate and the events I have chosen to enter. The Heartland Games and its representatives, employees, and volunteers have permission to obtain immediate medical care and I consent to hospitalization, the performance of necessary diagnostic tests, the use of surgery, and/or the administration of drugs in an emergency. I understand that I am responsible for payment of medical expenses.

Name of Insurance Policy: _____

Physician's Name: _____ Physician's Phone #: _____

Emergency Contact Person: _____ Relationship: _____

Emergency Contact's Phone #: _____