

**COOL RUNNINGS TRACK & FIELD CLUB  
SUMMER ONLY REGISTRATION**

Family Last Name \_\_\_\_\_ Date: \_\_\_\_\_  
Address \_\_\_\_\_ Phone: \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**\*\*Parent/Guardian #1 Name** \_\_\_\_\_  
Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_  
Place of Employment \_\_\_\_\_  
Email \_\_\_\_\_

**\*\*Parent/Guardian #2 Name** \_\_\_\_\_  
Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_  
Place of Employment \_\_\_\_\_  
Email \_\_\_\_\_

**1. Athlete Name** \_\_\_\_\_ Age \_\_\_\_\_ Gender M F  
Date of Birth \_\_\_\_\_ Grade (17-18) \_\_\_\_\_ **School (17-18)** \_\_\_\_\_  
Phone (C) \_\_\_\_\_ Email \_\_\_\_\_

**Level of Fitness and Activities:**

\_\_\_\_\_ On a scale of 1-10 with 10 being the MOST Fit, rate your child's level of fitness.  
\_\_\_\_\_ Participates in school track program: \_\_\_\_\_ Cross Country \_\_\_\_\_ Track  
\_\_\_\_\_ Beginning Runner \_\_\_\_\_ Experienced Runner (Has competed)

**Interested in training for:** \_\_\_\_\_ Conditioning Only \_\_\_\_\_ Summer Competition (will need copy of birth certificate)

**Events interested in training for (Subject to Coach Art approval):**

\_\_\_\_\_ 3200m \_\_\_\_\_ 1600m \_\_\_\_\_ 800m \_\_\_\_\_ 400m \_\_\_\_\_ 200m  
\_\_\_\_\_ 100m \_\_\_\_\_ 50m (Under 8 only) \_\_\_\_\_ 80m hurdles (12 Under only)  
\_\_\_\_\_ 100/110m hurdles \_\_\_\_\_ 300m hurdles \_\_\_\_\_ Discus \_\_\_\_\_ Shot Put  
\_\_\_\_\_ Pole Vault \_\_\_\_\_ Triple Jump \_\_\_\_\_ Long Jump \_\_\_\_\_ High Jump  
\_\_\_\_\_ 4 x 100m or 4 x 400m relays

**2. Athlete Name** \_\_\_\_\_ Age \_\_\_\_\_ Gender M F  
Date of Birth \_\_\_\_\_ Grade (17-18) \_\_\_\_\_ **School (17-18)** \_\_\_\_\_  
Phone (C) \_\_\_\_\_ Email \_\_\_\_\_

**Level of Fitness and Activities:**

\_\_\_\_\_ On a scale of 1-10 with 10 being the MOST Fit, rate your child's level of fitness.  
\_\_\_\_\_ Participates in school track program: \_\_\_\_\_ Cross Country \_\_\_\_\_ Track  
\_\_\_\_\_ Beginning Runner \_\_\_\_\_ Experienced Runner (Has competed)

**Interested in training for:** \_\_\_\_\_ Conditioning Only \_\_\_\_\_ Summer Competition (will need copy of birth certificate)

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\_\_\_\_\_ 100/110m hurdles \_\_\_\_\_ 300m hurdles \_\_\_\_\_ Discus \_\_\_\_\_ Shot Put  
\_\_\_\_\_ Pole Vault \_\_\_\_\_ Triple Jump \_\_\_\_\_ Long Jump \_\_\_\_\_ High Jump  
\_\_\_\_\_ 4 x 100m or 4 x 400m relays

**3. Athlete Name** \_\_\_\_\_ Age \_\_\_\_\_ Gender M F  
Date of Birth \_\_\_\_\_ Grade (17-18) \_\_\_\_\_ **School (17-18)** \_\_\_\_\_  
Phone (C) \_\_\_\_\_ Email \_\_\_\_\_

**Level of Fitness and Activities:**

\_\_\_\_\_ On a scale of 1-10 with 10 being the MOST Fit, rate your child's level of fitness.

\_\_\_\_\_ Participates in school track program: \_\_\_\_\_ Cross Country \_\_\_\_\_ Track  
\_\_\_\_\_ Beginning Runner \_\_\_\_\_ Experienced Runner (Has competed)

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\_\_\_\_\_ Pole Vault \_\_\_\_\_ Triple Jump \_\_\_\_\_ Long Jump \_\_\_\_\_ High Jump  
\_\_\_\_\_ 4 x 100m or 4 x 400m relays

**4. Athlete Name** \_\_\_\_\_ Age \_\_\_\_\_ Gender M F  
Date of Birth \_\_\_\_\_ Grade (17-18) \_\_\_\_\_ **School (17-18)** \_\_\_\_\_  
Phone (C) \_\_\_\_\_ Email \_\_\_\_\_

**Level of Fitness and Activities:**

\_\_\_\_\_ On a scale of 1-10 with 10 being the MOST Fit, rate your child's level of fitness.

\_\_\_\_\_ Participates in school track program: \_\_\_\_\_ Cross Country \_\_\_\_\_ Track  
\_\_\_\_\_ Beginning Runner \_\_\_\_\_ Experienced Runner (Has competed)

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\_\_\_\_\_ Pole Vault \_\_\_\_\_ Triple Jump \_\_\_\_\_ Long Jump \_\_\_\_\_ High Jump  
\_\_\_\_\_ 4 x 100m or 4 x 400m relays

**5. Athlete Name** \_\_\_\_\_ Age \_\_\_\_\_ Gender M F  
Date of Birth \_\_\_\_\_ Grade (17-18) \_\_\_\_\_ **School (17-18)** \_\_\_\_\_  
Phone (C) \_\_\_\_\_ Email \_\_\_\_\_

**Level of Fitness and Activities:**

\_\_\_\_\_ On a scale of 1-10 with 10 being the MOST Fit, rate your child's level of fitness.

\_\_\_\_\_ Participates in school track program: \_\_\_\_\_ Cross Country \_\_\_\_\_ Track  
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\_\_\_\_\_ 4 x 100m or 4 x 400m relays