



Free Track & Field Clinic Registration

New Mexico Senior Olympics, Inc.



- * Print and complete registration form.
- * Email to nmso@nmseniorolympics.org or fax (575) 622-9244 or Call 1-888-623-6676 to register by phone

Name (print) _____ Address _____

City _____ State _____ Zip _____ Gender M ___ F ___ Age _____

Phone () _____ E-mail _____

Rate your Skill level _____ Beginner _____ Intermediate _____ Advanced

Track & Field You can choose more than one event

Sandia Prep High School
532 Osuna Rd. NE
Albuquerque

Saturday, March 11th 9 am – 1 pm

Registration deadline February 24th

- | | |
|--------------------------|--------------|
| ___ Mid-Distance Running | ___ Sprints |
| ___ Est. Run/Walk | ___ Discus |
| ___ Long Jump | ___ Shot Put |
| ___ Javelin | |

Clinic Schedule

- 9 am
Mid distance running 400/800m
Discus and Shot Put
800 Est. Run/Walk
- 10 am
Sprints – 50m & 100m
Shot Put & Javelin
- 11 am
Mid distance running 400/800m
Discus
Long Jump
800 Est. Run/Walk
- 11:30 am
Sign-up for Mini Competition
- 12 pm
Mini Competition *based on interest*

Waiver

I attest and verify that I have full knowledge of the risks involved in this event, and that I am physically fit and sufficiently trained to participate in this event. Further, I grant full permission to all the foregoing to use my likeness and photograph participating in this event without obligation or liability to me. This signature is used for this liability waiver.

Signature _____ Date _____