

Track & Field

Commissioner

Coach Regional Walker
601-462-3440

Date

Saturday, June 17, 2023
8:00 a.m.

Site

Meridian High School
Ray Stadium
2320 32nd Street
Meridian, MS 39305

Entry Fee

- \$20 for up to 4 events (ages 6 & up)
- \$10 for Mighty Mites (ages 5 & under) will NOT receive a T-shirts
- Only 4 events offered for Mighty Mites – 50M, 100M, 200M & Long Jump.

Deadline

Pre-register by Monday, June 12, 2023, to ensure correct T-shirt size

**ON-SITE REGISTRATION THE MORNING OF THE EVENT
STARTING AT 8:00 A.M.**

T-shirt size NOT guaranteed with on-site registration

Events

- | | |
|---------------------|--|
| ▪ High Jump | All Ages |
| ▪ Long Jump | All Ages |
| ▪ Triple Jump | All Ages |
| ▪ Shot Put | All Ages |
| ▪ Pole Vault | All Ages |
| ▪ Discus Throw | All Ages |
| ▪ 50 Meter Dash | MIGHTY MITES (5 & Under) |
| ▪ 100 Meter Dash | 6 & Up |
| ▪ 200 Meter Dash | 6 & Up |
| ▪ 400 Meter Dash | 6 & Up |
| ▪ 800 Meter Dash | 6 & Up |
| ▪ 1500 Meter Dash | 6 & Up |
| ▪ 3000 Meter Dash | 11 & Up |
| ▪ 4 X 100 Relay | 6 & Up |
| ▪ 4 X 400 Relay | 6 & Up |
| ▪ 4 X 800 Relay | 6 & Up |
| ▪ 80 Meter Hurdles | Boys & Girls; 11-12 |
| ▪ 100 Meter Hurdles | Boys 13-14; Girls 13-18,
Open Women |
| ▪ 110 Meter Hurdles | Boys 15-18, Open Men |
| ▪ 300 Meter Hurdles | Boys 15-18, Girls 13-18 |
| ▪ 400 Meter Hurdles | Open Men; Open Women |

EVENTS CONTINUE ON NEXT PAGE

Please circle events you are signing up for.

Sponsored By:



IMPORTANT! You MUST include the Individual Waiver Form with this registration.

TO ENTER

Information: 601.482.0205, StateGamesofMS.org or sportsdirector@stategamesofms.org

PRINT clearly.

Send entry & check or money order to: State Games of MS, P.O. Box 5866, Meridian, MS 39302.

Sport: Track & Field (Circle events above and on second page)

Last Name: _____ First Name: _____ M.I.: _____ Age: _____ ☐ Male ☐ Female

Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____ Date of Birth (mm/dd/yy): _____ Phone (w): _____ (h): _____

Emergency Contact Name: _____ Phone: _____

Relation: _____ T-shirt size: ☐ YM ☐ YL ☐ S ☐ M ☐ L ☐ XL ☐ XXL (\$1 extra)

Note: One shirt included in entry fee.

Entry Fee(s): \$ _____

XXL T-Shirt Fee: \$ _____

TOTAL ENCLOSED: \$ _____

Track & Field

Divisions

Age Divisions based on date of birth as of December 31, 2023

Mighty Mites – 5 and under (Only can compete in the 50M, 100M, 200M, Long Jump)

Mighty Mites runners will only pay \$10 and will NOT be given a State Games t-shirt.

- 6-8 years old (previously Sub Bantam)
- 9-10 years old (previously Bantam)
- 11-12 years old (previously Midget)
- 13-14 years old (previously Youth)
- 15-16 years old (previously Intermediate)
- 17-18 years old (previously Young)
- 19-25 years old
- 26-30 years old
- 31-35 years old
- 36-40 years old
- 41-50 years old
- 51-60 years old
- 61+ years old

Format/Rules

10:00 A.M.

High Jump (all age groups)

Long Jump(all age groups)

Shot Put (all age groups)

11:00 A.M.

Pole Vault (all age groups)

Triple Jump(all age groups)

Discus Throw (all age groups)

Field Events will compete in this order:

High Jump – Long Jump – Shot Put, Discus Throw, Triple Jump, Pole Vault

Mighty Mites, 6-8, 9-10, & 11-12 divisions will receive 3 attempts.

Long Jump and Shot Put. 13-14,15-16, &17-18 divisions will receive 4 attempts.

10:00 A.M.

Running events will compete in this order:

- 110 Meter Hurdles (39") Boys 15-18 (42") Open Men
- 100 Meter Hurdles (33") Boys 13-14,
- 100 Meter Hurdles (33") Girls 15-18, (39") Women Open
- 100 Meter Hurdles (30") Girls 13-14
- 80 Meter Hurdles (30") Boys and Girls 11-12
- 100 Meter Dash (Mighty Mites, Age 6 & Up)
- 1500 Meter Run (Ages 6 & Up)
- 50 Meter Dash (Mighty Mites)
- 400 Meter Dash (6 & Up)
- 4×100 Meter Relay (Ages 6 & Up)
- 400 Meter Hurdles (36") Open Men, (30") Open Women
- 4X800 Meter Run (Ages 6 & Up)
- 800 Meter Run (Ages 6 & Up)
- 300 Meter Hurdles (30") Girls 13-18, Boys 14-14 (36")
 - Boys 15-18 & Up, (39") Open Men
- 200 Meter Dash (Mighty Mites, Ages 6 & Up)
- 4×400 Meter Relay (Ages 6 & Up)
- 3000 Meter Run (Ages 11 & Up)

Events will be on a rolling schedule.

Divisions and Heats may be combined when possible.

All races will be heats against time. Heats and lanes will be assigned at the starting line.

Meet Rules

Only athletes and officials are allowed inside the competition area.

Events Limitations: Athletes must participate in their division based on date of birth as of December 31, 2023.

Relays: All 4 members of the relay team must be in the same age division, same gender (No exceptions)

Awards: Medals will be awarded to the 1st, 2nd and 3rd place participants in each age groups.

Mighty Mites participants will receive ribbons.

Events will be on a rolling schedule.

Divisions and Heats may be combined when possible.

All races will be heats against time. Heats and lanes will be assigned at the starting line.

Individual Waiver Form

MUST BE INCLUDED with EVERY Individual Entry Form

THIS OFFICIAL WAIVER MUST BE SIGNED BY EVERY ATHLETE and LEGAL GUARDIAN (if athlete is under the age of 18). This Individual Waiver form is for individual athletes and coaches **ONLY**. Teams sign a separate waiver. Every individual not on a team **MUST** fill out this waiver.

Please **PRINT YOUR SPORT NAME ON THE LINE BELOW**, sign the form and include with entry.

YOUR SPORT: _____

IN CONSIDERATION of the Participant being allowed to participate in any way in the State Games of Mississippi athletics/sports programs and related events and activities, the undersigned: **ACKNOWLEDGE AND FULLY UNDERSTAND** that the participant will be engaging in activities that involve risk of serious injury and/or communicable disease (COVID-19), including permanent disability and death, and severe social and economic losses that might result **NOT** only from his or her own actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play or the condition of the premises or of any equipment used. Further, that there may be other risks not known or now reasonably foreseeable at this time. **ASSUME** all of the foregoing risks, known and unknown, and accept personal responsibility for the damages following such injury, permanent disability or death. **RELEASE, WAIVE, DISCHARGE, HOLD HARMLESS, INDEMNIFY AND COVENANT NOT TO SUE** State Games of Mississippi, Inc., sponsor of the State Games of Mississippi, the National and State Governing Sports bodies, City and County Government of Lauderdale County, their respective administrators, officers, directors, agents, representatives, coaches and other employees or volunteers of the organizations, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releases," from any and all liability to each of the undersigned, his or her heirs, executors, administrators, successors, assigns or next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise, to the fullest extent permitted by law. **CONSENT** to permit and authorize officials of the State Games of Mississippi to seek emergency medical treatment in the event of accident or injury and consent to permit and authorize those providing medical care to perform medical treatment as deemed necessary. **CONSENT** to allow Participant's picture and/or voice or likeness to appear in any official documentary, promotional (including all advertisements) television, radio, film coverage or world wide web of the State Games of Mississippi without compensation. **THE UNDERSIGNED HAVE READ THE ABOVE WAIVER, RELEASE OF LIABILITY AND AUTHORIZATION OF MEDICAL TREATMENT, UNDERSTAND THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND ACKNOWLEDGE THAT THEY HAVE SIGNED IT VOLUNTARILY.**

X

Participant's Signature

Date

Printed Participant's Name

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE

(Under age 18 at the time of registration.)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my heirs, assigns and next of kin, release and agree to indemnify and hold harmless the involvement or participation in these programs as provided above, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES**, to the fullest extent permitted by law.

X

Parent/Guardian Signature

Date

Printed Parent/Guardian Name

State Games of Mississippi

General Information

Athletes participate in true competitions, and are awarded Olympic-style gold, silver and bronze medals for the top three places in each division or event within all sports.

Every athlete receives a t-shirt and entry to all venues. You can enter many ways! First, you can send back this entry form and all waivers. Make sure you mail in the entry by the due date listed. If you are interested in one of our other sports, simply call for a form (601-482-0205) or [go to our website, www.stategamesofms.org](http://www.stategamesofms.org) to enter on-line or download the entry forms and waivers.

To avoid late fees and long lines, be sure to get your entry form and check in early. **Confirmation materials are sent if we receive your entry form five days before your sport entry deadline.** Don't limit yourself to one sport!

Anyone who has been a resident of Mississippi for at least 30 days is qualified to participate in the State Games of Mississippi. In addition, students registered in Mississippi colleges and universities and military personnel assigned to facilities in Mississippi are eligible. Participants from other states are eligible if that state has no State Games organization or if their organization does not offer the sport in which the participant wishes to compete. Permission may be granted from other states for an athlete to participate out-of-state if they participate in their own State Games in a particular sport.

Refunds will be given only in the following circumstances:

- 1) Entry received after the deadline and the maximum number of teams or participants in your sport has been met;
- 2) Minimum number of teams or participants in your sport has not been met; or
- 3) Entry received from a non-qualified participant. **Important: No refunds will be given if events are cancelled due to weather or other acts of God.**

The State Games of Mississippi reserves the right to disqualify any coach or athlete from the Games for failure to exhibit the qualities and behavior or good sportsmanship. Unsportsmanship includes, but is not limited to: False representation of age, residency or eligibility; destruction of property; disorderly conduct; fighting; improper use of alcohol and/or drugs; and wearing clothing that reflects poorly on the Games.

The Opening Ceremonies and sports using outdoor sites are subject to weather, and we repeat: No refunds will be given if events are cancelled due to weather or other acts of God. Competitions will be conducted unless commissioners, facility manager and State Games of Mississippi officials determine the weather conditions to be potentially dangerous or life threatening, or if playing fields would incur damage.

It is the responsibility of each participant to obtain insurance. In some instances, the National Governing Body, which sanctions events, may have secondary coverage. In the event of an emergency, injury or illness, State Games of Mississippi will have medical aid available to assist the injured. Please note, preparation for competition, such as taping, will not be provided. No athlete will be allowed to participate without signing the appropriate waiver.

