



Hosted by New World Track Club, Inc.

# Columbus Track & Field Classic

Sanctioned by USA Track & Field

**Sunday, May 19, 2019 - 8:30 a.m.**

## Track & Field Competition at its Best

The Columbus *Track & Field* Classic is the premier spring track and field meet for Youth, Open & Masters athletes in the mid-western United States. In recent years, athletes from eleven states and three countries have participated.

**Fully Automated Timing:** [FinishTiming](#).

**Eligibility:** All male & female, Youth, Open & Masters athletes. (USATF and AAU membership not required).

**Age Divisions:** 8 & Under, Born 2011 or later; 9-10, Born 2009-2010; 11-12, Born 2007-2008; 13-14, Born 2005-2006; 15-18, Born July 29, 2000 through December 31, 2004; Open, Born before July 29, 2000 and less than 30 on meet day; and Masters, Ages 30 and over on meet day (in five-year age groups, e.g., 30-34, 35-39).

**On-Line Entries:** [Coach-O](#) is the on-line meet entry service. On-line entries must be completed by 10:00 p.m. on May 16. Entry fees are non-refundable and non-transferable.

**Questions:** Direct questions to [newworldtrack@gmail.com](mailto:newworldtrack@gmail.com)

**Events:** 100, 200, 400, 800, 1500, 3000, 1500 walk, 3000 walk, Hurdles (80, 100, 110 youth only); 4x100 Relay, Shot Put, Long Jump and High Jump. USATF rules. **Athletes may compete only in their correct age groups.** Three-event limit for ages 8 & Under, 9-10 and 11-12. Four-event limit for all others.

**Competition Schedule:** Carefully review the Order of Events below to understand the order of competition, especially for the 100m dash. There is no specific start time for track events except the first track event begins at 8:30 a.m. and subsequent events will take place after each previous event on a rolling schedule. Age divisions may be combined for field events, walks and events over 400 meters.

**Awards:** Medals – top 3; Ribbons – 4<sup>th</sup> – 8<sup>th</sup>.

**Admission/Spectators:** \$5.00 for spectators over 8.

**OHIO'S LINDSAY'S LAW will be complied with at this meet.**

Parents of all competing Athletes under 19 years old must view the [Ohio Lindsay's Law Video](#) and, along with the Athlete, sign the [Parent / Student\(Athlete\) Signature Form](#).

This Signature Form is must be turned in at the meet along with the Liability Waiver Form before the Athlete/Team will receive credentials required to compete in the meet. Coaches are not allowed to sign this form for the Athlete or Parents.

## PICKERINGTON NORTH HS

Pickerington North High School  
7800 Refugee Road,  
Pickerington, Ohio 43147

Complete the Columbus Track & Field Classic Waiver and Release of Liability below (and the Lindsay's Law Signature Form if appropriate). **These documents must be signed by the athlete (and parent if athlete is a minor), dated and turned in at the Packet Pick-up at the meet. COACHES MAY NOT SIGN FOR PARENTS.** Athletes will not receive credentials needed to complete until the waiver (and Lindsay's Law Signature Form, if applicable) is completed, signed by athletes and parents and turned in at the meet.

# Columbus Track & Field Classic

Pickerington North High School – May 19, 2019

## Order of Events

| Track Events<br>Beginning at 8:30 a.m.               | Field Events                                  |
|--|---|
| 1. 200 Dash, Open/Masters, Timed Finals              | <b>Long Jump - 3 JUMPS ALL FINAL</b>          |
| 2. 800 Run, Open/Masters Timed Finals                | <b>8:30 A.M. – Pit 2 at Warm Up Track</b>     |
| 3. 110 Hurdles, HS Boys Timed Finals                 | Open & Masters Men/Women                      |
| 4. 100 Hurdles, 13-14 Boys Timed Finals              | <b>9:00 A.M. – Pit 2 at Warm Up Track</b>     |
| 5. 100 Hurdles, HS Girls Timed Finals                | 13-14 & High School Boys                      |
| 6. 100 Hurdles, 13-14 Girls Timed Finals             | 13-14 & High School Girls                     |
| 7. 80 Hurdles, 11-12 Boys Timed Finals               | <b>9:00 A.M. – Pit 1 at Competition Track</b> |
| 8. 80 Hurdles, 11-12 Girls Timed Finals              | 8 & Under Boys                                |
| 9. 100 Dash SF, Open/Masters Men/Women               | 9-10 Boys                                     |
| 10. 100 Dash SF, 8 & Under <b>Girls</b>              | 11-12 Boys                                    |
| 11. 100 Dash SF, 9-10 <b>Girls</b>                   | 8 & Under Girls                               |
| 12. 100 Dash SF, 11-12 <b>Girls</b>                  | 9-10 Girls                                    |
| 13. 100 Dash SF, 13-14 <b>Girls</b>                  | 11-12 Girls                                   |
| 14. 100 Dash SF, 15-18 <b>Girls</b>                  |   |
| 15. 3000 Run Finals, All Divisions                   | <b>High Jump</b>                              |
| 16. 100 Dash, Finals Open/Masters Men/Women          | <b>10:00 A.M.</b>                             |
| 17. 100 Dash SF, 8 & Under <b>Boys</b>               | All Girls & Women - Youngest to Oldest        |
| 18. 100 Dash SF, 9-10 <b>Boys</b>                    | All Boys & Men - Youngest to Oldest           |
| 19. 100 Dash SF, 11-12 <b>Boys</b>                   |   |
| 20. 100 Dash SF, 13-14 <b>Boys</b>                   | <b>Shot Put - 3 THROWS ALL FINALS</b>         |
| 21. 100 Dash SF, 15-18 <b>Boys</b>                   | <b>10:30 A.M.</b>                             |
| 22. 1500 and 3000 <b>Walks</b> Finals, All Divisions | Open & Masters Men & HS Boys                  |
| 23. 100 Dash Finals, Youth Divisions                 | Open & Masters Women & HS Girls               |
| 24. 1500 Run Finals, All Divisions                   | 11-12 and 13-14 Girls                         |
| 25. 400 Dash Finals, All Divisions Timed             | 11-12 and 13-14 Boys                          |
| 26. 800 Run Finals, Youth Divisions Timed            | 8 & Under and 9-10 Boys                       |
| 27. 200 Dash Finals, All Youth Divisions, Timed      | 8 & Under and 9-10 Girls                      |
| 28. 4x100 Relay Finals, All Divisions                |   |

This event will have an athletic trainer at the meet throughout the competition to assess injuries, provide first aid and make decisions on and follow through on contacting EMT services if deemed necessary. **All spectators will be restricted from the competition areas during competition and warm-ups.** Officials will marshal competition areas to ensure this restriction. Certified officials will lead and manage events on the track and in the field events. Field event athletes are permitted to warm up and compete only in the field event competition areas and only when there is a certified official at the venue supervising the warm-ups and competition. Tents are allowed only if connected to the top row of the stands and do not block line-of-site from the press box. No grills or other devices for cooking food are allowed inside the track area or other locations of the Pickerington North High School grounds. Your cooperation with the enforcement of these meet rules will help meet management run a safe competitive meet. Each athlete (and parent if athlete is under 18) must complete and sign the attached waiver and Lindsay's Law Signature Form. The completed documents must be turned in at packet pick-up on the day of the meet.



# Columbus Track & Field Classic

## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

**USATF**

May 19, 2019 Pickerington North HS, Pickerington, Ohio

For and in consideration of New World Track Club, Pickerington Local Schools and USA Track & Field, Inc. ("USA Track & Field" or "USATF") allowing me, the registrant, to participate in the USA Track & Field sanctioned event I am registering for herein (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- I hereby represent that (i) I am at least eighteen (18) years of age (or this Agreement is also agreed to by my parent, natural guardian, or legal guardian (the "Guardian")); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.
- I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sports of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers (as defined in Section 4 below); and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions or the actions or inactions of others participating in or organizing the Event, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties (as defined in Section 4 below).
- I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competition Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
- I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties, as relevant and applicable in each instance: USATF, its members, clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the event directors, the host organization and the facility, venue and property owners or operators upon which the Event takes place; and any other organizers, promoters, sponsors, advertisers, coaches and officials for this Event; law enforcement agencies and other public entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which may be incurred as the result of such claim, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties, as relevant and applicable in each instance.
- As a condition of my participation in the Event, I hereby grant USA Track & Field, the event director and host organization a limited license to use my name, likeness, image, photograph, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any media platform or format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, USATF, or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent.
- I have completed and signed the Ohio Law Signature Form for the Athlete if he/she is under 19 years of age.

I hereby warrant that I (or the Guardian, if I am under the age of 18) am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by accepting it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have accepted this Agreement without any inducement, assurance or guarantee, and intend for my acceptance to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

If the participant is under the age of 18, the Guardian hereby agrees to release and discharge the Released Parties as follows: a) The Guardian acknowledges and understands that the Event is inherently dangerous and represents an extreme test of a person's physical and mental limits. Further, the Guardian acknowledges and understands the Risks, as defined above. b) The Guardian acknowledges the rights waived by both the Guardian and the participant by accepting this Agreement. c) The Guardian acknowledges that the Guardian will indemnify the Released Parties from any and all Liability which may arise out of, result from, or relate in any way to the participant's participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties.

Adult Participant Name (or Guardian): \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male Female

Minor Athlete Name : \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male Female

Home Address: \_\_\_\_\_ Home Tel.: (\_\_\_\_) \_\_\_\_\_

X \_\_\_\_\_ / / \_\_\_\_\_  
Signature of Participant or Guardian Date Signe

## Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



**What is Lindsay's Law?** Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

**Which youth athletic activities are included in Lindsay's law?**

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

**What is SCA?** SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) a heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

**What is a warning sign for SCA?** If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

**What symptoms are a warning sign of SCA?** A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

**What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play?** The coach **MUST** remove the youth athlete from activity immediately. The youth athlete **MUST** be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

**What happens if an athlete experiences any other warning signs of SCA?** The youth athlete should be seen by a health care professional.

**Who can evaluate and clear youth athletes?** A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

**What is needed for the youth athlete to return to the activity?** There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must view the Ohio Department of Health (ODH) video about Sudden Cardiac Arrest, review the ODH SCA handout and then sign and return this form.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Name (Print)

\_\_\_\_\_  
Student Name (Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date