

The George & Whitey King 4 x 1600 Meter Relay

Thursday evening, August 22, 2019 - 7:00 p.m.
Saunders Stadium, South Boston



The George and Whitey King 4 x 1600 Relay gives runners of all abilities a chance to team up for a track relay. The event recognizes two long-time local officials who were top milers in their day; the late George King was on a USA record 4 x 1500 relay, and "Whitey" King was New England XC champ. Both ran on a winning Penn Relays HS 4x800 USATF Sanctioned. Hosted by USATF-New England and YES Youth Track Club

DIVISIONS: Men, Women, Co-Ed. USATF Club and "all-star" teams welcome
Open, Youth (13-18 on race day), Masters. Minimum age is 13

Prizes for Open Men, Women winners, Youth boys and girls winners, and other selected teams.
Meet records - Men: 18:52.5 HFC Striders 2013 Women: Franklin HS Alum 23:07.9 2005)

ENTRY FEE: \$10 per USATF club team (all runners members of the club) \$15 pick-up / all-star / school teams

Pre-entry is requested -- Runners / order can be declared at race Day of event entry accepted
Please Email office@usatfne.org of intent to compete, then pay fees at the meet.

THE RACE IS AN IDEAL EVENT FOR HIGH SCHOOL CROSS COUNTRY RUNNERS TO SHOW OFF SUMMER FITNESS!

BRING ENTRY TO THE MEET OR SUBMIT BY August 221

Mail to: King Relay, USATF-NE, PO Box 1905, Brookline MA 02446
Email entry to: office@usatfne.org Questions? office@usatfne.org

ALL RUNNERS MUST SIGN THE WAIVER * NO ENTRIES ACCEPTED WITHOUT PROPER SIGNATURES
UNDER AGE 18 REQUIRES PARENTAL SIGNATURE, SO TAKE CARE OF THIS BEFORE RACE NIGHT!**

George & Whitey King 4 x 1600 Relay Race, Thursday, August 22, 2019, 7:00 p.m.

TEAM / CLUB NAME: _____ Male / Female / Co-ed

Team contact _____ Open / Youth / Masters

Email _____ **Phone** _____

Assumption of Risk: I understand running in a track race is a potentially dangerous activity that may cause severe injury. In consideration of acceptance of this entry, I hold harmless USATF-NE, YES, the City of Boston, and all sponsors for any and all injuries suffered by me at this event. I have sufficiently trained for this event and understand the risks involved in competition. If signing as a parent, I understand that this is a potentially dangerous activity for my child.

Runner (print name - all must also sign the waiver; parents must sign for minors) USATF #

1. _____ Age _____ Signature _____ / _____

2. _____ Age _____ Signature _____ / _____

3. _____ Age _____ Signature _____ / _____

4. _____ Age _____ Signature _____ / _____