

2018 DISTRICT E WEIGHT PENTATHLON

DATE: Monday, June 4, 2018

SITE: Crocker Field, Fitchburg

TIME: 3:30 P.M.

Open to all Central Massachusetts high school boys & girls. No limit on entries. You must have a minimum of three (3) for a team score.

ENTRY FEE: **\$15 per athlete. Make Check/P.O. payable to: District E Track & Field Committee**
Payment must accompany entry, No exceptions!!

AWARDS: Top 2 teams (male/female) will receive a plaque.
Top 10 individuals (male/female) will receive a medal.

SCORING: Will be done according to the National Federation rules.
Scoring will be based on the I.A.A.F. scoring tables.

MAIL ENTRIES TO:

Chris Woods, 178 Summer Street, 2nd Floor, Fitchburg, MA 01420
Cell: 978-790-0996; Email: fhsrr@verizon.net

ENTRY Deadline: **Wednesday, May 30, 2018 – NO LATE ENTRIES ACCEPTED!**

EVENTS: 100 meter dash
Shot Put (3 throws)
Discus (3 throws)
Javelin (3 throws)
200 meter dash

To reduce the total length of the competition, the entrants will be divided into groups and each group will contest the events in a different order. The group assignments will be distributed on arrival.

School: _____ School Phone: _____

"I attest that the athletes representing our high school in the pentathlon are in good standing. Our school district recognizes that there are certain risks associated with participation in this sport and hereby waives, releases and holds harmless the Town of Lunenburg, the District E Track & Field Committee, its officers, sponsors, supervisors and representatives for any injury that might be incurred by one of our athletes in the normal course of participation in this event."

Coach's Name: _____ Coach's Phone: _____

Coach's Email Address: _____

A.D./Principal Signature: _____ Date: _____

A.D./Principal Name [Print]: _____

List of contestants (Boys' and Girls')

<u>Boys'</u>	<u>Girls'</u>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

(Attach additional entries. Please specify gender.)