

Event Outline - 6.00pm till 9.00pm Friday 30th August 2019

An informal summer evening club relay event specifically for members and their families, a fun competitive event accompanied by a bring your own buffet.

U11 – Seniors – Including Vets!

A series of relays run on the track in standard race format fully officiated in house comprising:

4 x 100

4 x 400

4 x 800

Teams:

Can comprise any combination as outlined below:

- A 4 Competitors from same sex/ same age group – Only A teams will be eligible for club records, members only.
- B 4 Competitors from 4 different age groups
- C 4 Mixed any combination Can also be family/friends of members

If a C team is short, then a team member may run 2 legs.

Somebody may run for two different B/C teams.

Entries will cost £1.00 per person/£4.00 per team. Timetable to be confirmed,

Likely to be 4 x 800 ABC 4 x 400 ABC 4 x 100 ABC

The event will be accompanied by a low carbon bring your own buffet – A buffet that comprises contributions brought by individuals attending the event. A list will go up in the clubhouse to allow people to list their potential contributions and ensure a good variety and range of food items. The buffet is low carbon as people bring a quantity to share that would satisfy their requirements and little or no food waste should ensue. Headings could be:

Savoury

Vegetarian

Vegan

Nibbles & Accompaniments

Deserts/Fresh Fruit

Vegetarian

Vegan

Stockport Harriers & AC		Members Summer Relays	
ENTRY: One per race			
Event 4 x 100/400/800	Team Name		Category A B C
Leg 1	Name	Sign	Emergency Contact
Leg 2	Name	Sign	Emergency Contact
Leg 3	Name	Sign	Emergency Contact
Leg 4	Name	Sign	Emergency Contact
The team running order may be changed at any stage until the start of the event.			

Fee Per Race £ 4.00	PAID	YES/NO
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Disclaimer - Implemented when 4 signatures present on entry.

I myself, fully and forever waive and release any and all rights and claims for any injuries, accidents, and damages, including, but not limited to, demands or actions for negligence, premises liability, emotional injury, intentional conduct, resulting in unintended injury or damage tort claims, and any other actions or demands of whatsoever nature, to the fullest extent permitted by law, I have or may have against Academy, its employees, principals, directors, governors, shareholders, agents, partners, members, managers, affiliates, representatives and all sponsors of the Relay Races.

Personal Health and Fitness

I understand that participation in the relay event may be hazardous. . I acknowledge that I am aware of the inherent risks involved in the Relay race and I voluntarily assume these risks. I attest and verify that I am physically fit and I have sufficiently trained for the completion of the Relay in which I participate. SH & AC reserves the right, in its absolute discretion, to stop any runner from taking part if it deems him or her unfit to run.