

For Girls Only: Saratoga Heptathlon 2.0

(Track Season Isn't Over Yet!)

You've spent the season building your strength, speed, endurance, agility and power. Don't go back to being a couch potato just yet:

Heptathlon: 7 grueling events in one day of fun.

- | | |
|---------------|---------------|
| 100 hurdles | Long jump |
| High jump | Javelin throw |
| Shot put | 800 meter run |
| 200 meter run | ** |



When: Saturday, June 13th, 9:00 am to 4:30 pm

Where: Saratoga High School 20300 Herriman Avenue, Saratoga CA 95070

Why: Because you need to know how you stack up in the ultimate test of fitness!

Girls ages 13-18 welcome--Age group awards—Electronic Timing—Free coaching clinics—Food!

Register online at active.com, email runcoach@gmail.com to reserve a spot, or complete the registration form below and mail to:

Peter Jordan, Saratoga High School, 20300 Herriman Avenue, Saratoga, CA 95070. Registration fee is \$20, or \$25 on race day. Make checks payable to "Saratoga High School Track." T-shirts for the first 20 to register.

*This is NOT a CCS sanctioned event. Athletes may not represent schools, and should not wear school uniforms.

**High school athletes will have the option to compete using standard high school implements (i.e. 4K shot, 600 gram javelin, 33" hurdle height). Otherwise, athletes will use an 8 pound shot, 400 g turbo jav, and hurdles will be on the lowest setting.

We're here to have fun, not get hurt!

***no refunds due to weather

First

Last

Street

City

ST

Zip

Phone

 F / F

Age

Email (for results and a reminder for next year's event)

_____ / / _____

Signature of athlete

Date

Signature of parent (if under 18)

WAIVER: I waive for myself, my heirs and assign all rights and claims for damages against anyone associated with the race: Saratoga HS and its officers, officials, boards, commissions, employees and volunteers, Saratoga/Los Gatos School District, promoters, sponsors, officials and the Saratoga Track Team. I also certify that I am physically fit and can participate in this event at my own risk.