

**The Greater Framingham Running Club and
The City of Framingham Parks and Recreation Department are
happy to announce the return of our
Wednesday Night Family Track Meets!**

The Wednesday Night Family Track Meets begin mid-June and run through mid-August. (Program does not run 4th of July week.)

Please check www.FraminghamRec.com for program dates and any cancellations due to inclement weather.

Registration & Fee

5:30pm - 6:00pm on-site, weekly

Fee \$1.00 per participant / per week

The \$1 registration fee entitles participants to compete in as many events as he or she desires that evening. A season pass may be purchased for \$8.00, per participant, the first or second week. Parents of competitors under 18 years of age must sign the waiver of liability form that accompanies every registration. **Please remember your participant number.** (Waivers only need to be filled out once unless participant number is forgotten.)

The meets begin at 6:00pm

Order of events & Age Limits

- | | |
|---|--|
| 1. 50 Meter- All ages | 4. 200 Meter- All ages |
| 2. 100 Meter- All ages | 5. 800 Meter- All ages |
| 3. 1 Mile – (8 minutes or faster only please) | 6. 400 Meter- All ages |
| | 7. Relay 4x 100 (time permitting) – All ages |

From 6:15pm - 7:00pm (approx.): Softball Throw and Standing Broad Jump- Ages 4-13. (Age Groupings for these two events are 4&5, 6&7, 8&9, 10&11 and 12&13). These events will occur depending on volunteer staffing.

Awards

All events, whenever practicable, are staged in age-segregated and often gender-segregated heats. This system facilitates organization of the simplest and often fairest competition among the hundreds of competitors.

Due to staffing and time constraints, only first place finish times are recorded for each heat. Blue, red or yellow ribbons are awarded to the first three finishers in every running heat as well as to the age division winners in the softball throw and standing broad jump and ribbons are awarded to all members of winning relay teams.

Inclement Weather

Meets may be cancelled due to inclement weather. Track is still on in drizzle or light rain. It will be cancelled for heavy rain and especially if there are thunderstorms.

A decision will be made by 4:00 PM. Check the Framingham Parks and Rec website: www.FraminghamRec.com for updates; cancellations will show as a notification banner by 4 PM.

This being New England, weather can change quickly. On occasion, we will not cancel by 4 PM only to cancel later at the track. One sighting of lightning or thunder and we are done for the night; safety first.

Officials

Volunteers from the Greater Framingham Running Club staff all events. The Framingham Parks and Recreation Department serves as a series co-sponsor - without their support we would not be able to hold the meets.

For more information, please call Arnie Pollinger, series co-director, at 508-517-5818.

Basic Rules for Competitors and Spectators

1. The primary goal is for all athletes to have fun while acquiring or perfecting their running skills. Winning is not everything. Good sportsmanship is a must.
2. All runners must run "unassisted". Parents or guardians may accompany a toddler down the track, but the child must "run" on their own.
3. For safety reasons and "track etiquette" **only runners** are allowed on the track and only during the event which they are competing. Please stay off the field. Your cooperation is needed to keep everyone off the field. No Dogs or bikes are allowed on the track or football field. Failure to adhere to these restrictions could result in the cancellation of the Summer Track Meets.
4. All runners are responsible for listening to the race officials and following instructions for each event.
5. The safety of all runners is important. Please do not allow your children to compete in events that are too long or difficult for them. Please note the 8-minute time restriction for entering the one mile race. In the event of injury, a first aid kit is available at the registration table.
6. All Race Officials are non-paid volunteers. The meets could not take place without their assistance. Judges decisions are final.

Thank you for helping us make this a fun, healthy activity for you and your children.

- *Greater Framingham Running Club*

History

The GFRC Summer Track series boasts a long history as the premier low-key, high-energy all-comers summer track series in the western suburbs of Boston. The series, which has always been held in Framingham and most frequently at Bowditch Field, was initially conceived in 1980 as an event to help serious adult road runners and track devotees hone their fast twitch muscle fibers through sprint events and shorter distance runs, over the course of a ten-week series of meets.

Over the years, the focus of the meets has shifted from serving as an adult athlete-dominated spectacle to providing an outlet on a weekly basis for more than 200 kids, some as young as two years old, to enjoy the flavor of competition without the demands or pressure of a highly structured athletic competition. While most participants now are of teen age or younger, this all-comers series welcomes participants of all ages and talent including masters track athletes from all over New England.



Greater Framingham Running Club Wednesday Night Family Track Meets

PROGRAM: Wednesday Night Family Track Meets

PARTICIPANT'S NAME: _____

GENDER: _____ AGE: _____ GRADE: _____

ADDRESS: _____ TEL. #: _____

PERSON TO CONTACT IN CASE OF AN EMERGENCY: _____

EMERGENCY PHONE: _____

THE DEPARTMENT AND THE GFRC MAY USE PHOTOS IN WHICH MY CHILD APPEARS
UNLESS YOU CHECK HERE: NO ()

I, the undersigned do hereby consent participation in voluntary athletic or recreation programs of the City of Framingham.

I understand there are risks of physical injury or potential exposure to communicable diseases while participating in sports and recreational activities or programs.

I hereby release the City of Framingham, Greater Framingham Running Club, and its employees, officials and agents from any and all liability or loss or damage to personal property that, my child or I may experience in connection with activities sponsored by the City of Framingham Parks & Recreation Department.

I hereby consent to emergency medical procedures deemed advisable for my child in the event I cannot be reached and my child has sustained an injury. The City of Framingham Parks & Recreation Dept. does not provide accident or hospitalization insurance for participants of its programs. All participants are advised to have adequate personal coverage. Please consider participant's own health, experience, and tolerance for risk before participating in any program.

I also consent to the use of my or my child's photo, video, artwork etc. by the City of Framingham or Greater Framingham Running Club for flyers, presentations etc.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation in these programs is voluntary and that I am free to choose not to participate in said programs. By signing this Form, I will participate in the City's athletic or recreation programs with the full knowledge that the Releases will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary City athletic or recreation programs.

Parent's Signature: _____

Date: _____