

Lou's 4 x 1600 Relay (Eighteenth)

December 28, 2019 - 1:30 p.m. or so **

Following the B.U. Mini-meet

Boston University Track Center



Open to men's, women's, co-ed teams, open and masters

USATF sanctioned Presented by USATF-New England Founded and inspired by Lou Ristaino

**The relay follows the BU Mini-meet's last event, but no earlier than 1:30 p.m.

It will likely start a bit later. Team captain please check-in at the timing booth by 12:30 p.m.

If necessary, multiple sections will be run (Faster, then less fast)

Entry Fees:

\$10 for USATF Clubs - all runners are members of the club

\$20 for open, school, or "all-star" teams - runners not all part of same USATF club

PLEASE PRE-ENTER AND PAY Runners can be changed on race day with no penalty

→ THERE IS A SEPARATE FEE TO RUN INDIVIDUAL EVENTS IN THE BU DEVELOPMENT MEET ! ←

More USATF Club teams must be four bona-fide members from the

- Teams are expected to provide their own club lap recorder/backup timer

- BU development meet info is found under Track at newengland.usatf.org

- ** Minimum age for relay runners is 16; runners age 16-17 must submit a waiver with parental signature**

Awards: A handshake from Lou himself, plus some neat additional merchandise prizes

Contact: USATF-NE (617) 566-7600 / office@usatfne.org newengland.usatf.org

SEND THE BOTTOM PORTION WITH ENTRY FEE, or email, or fax info to:

USATF-NE, PO Box 1905, Brookline MA 02446 office@usatfne.org fax (617) 939-0992

Lou's 4 x 1600 Relay Race, Saturday, December 28, 2019

All runners must sign release / waiver on race day.

Under age 18 MUST submit parent-signed waivers (Waivers found at www.newenglandusatf.org)

DECLARE ORDER ON RACE DAY

TEAM / CLUB NAME: _____ USATF Club / Pick-up

Estimated Time: _____ * please update on day of meet for seeding

Team contact _____ Male / Female / Co-ed

Email _____ **Phone** _____

Runners:

1. _____ Age on 12/28 _____ USATF# _____

2. _____ Age on 12/28 _____ USATF# _____

3. _____ Age on 12/28 _____ USATF# _____

4. _____ Age on 12/28 _____ USATF# _____

As of December 15, 2019