

Hillsdale “GINA” Relays HEPTATHLON
APRIL 23rd and 24th, 2009

Ken Herrick Track & Field Complex, HILLSDALE COLLEGE

3:30 P.M. THURSDAY AND 10:00 A.M. FRIDAY

OFFICIAL ENTRY BLANK

PLEASE MAKE COPIES IF ENTERING MORE THAN ONE ATHLETE

Entry Fee: \$25.00 per athlete - non-refundable

NOTE: NCAA rules will apply

Name _____ School/Organization _____

Street _____ City/State/Zip _____

Coach _____ Off. Ph. _____ Cell Ph. _____

Singlet Color _____ Shorts Color _____

List Best Marks During Heptathlon Competition:

NOTE: Fully Automatic Timing (F.A.T.) performances ONLY

100 Meter Hurdles _____ Long Jump _____

High Jump _____ Javelin _____

Shot Put _____ 800 Meters _____

200 Meters _____

To insure this entry gets proper consideration, please indicate 2 best scores (include meet summaries, if possible):

Best Score: _____ Most Recent Score: _____

Meet: _____ Meet: _____

Date: _____ Date: _____

All entries must be received by April 20th, 2009 @ Noon. The top 12 entries will be notified by email April 20th, 2009 by 8:00 p.m. Please indicate an email address which is most likely to be available for confirmation _____.

Send entries to: Jeff Forino, Assistant Head Track & Field Coach
Hillsdale College
Hillsdale, MI 49242
Phone: (517) 607-3161 or FAX (517) 607-3310
Email: jeff.forino@hillsdale.edu