



Bullseye Running/HoCo Summer Track



Practices Tuesday & Thursday 5/27 to 6/17 from 3:30-4:30pm then from 6/24 to 7/24 from 10-11:15am at Oakland Mills High

Deadline to sign up is May 21!!!

This program is for those who want to extend their competition season. Meet opportunities include meets at Seneca Valley High on May 25, Century High on June 1, the AAU 1st round qualifier meet June 6-8 in Baltimore, River Hill on June 14, the AAU 2nd round qualifier meet at the PG Complex June 19-22, Reservoir June 28, the AAU Club Championships in Jacksonville, Florida July 8-12, Reservoir July 19 and Reservoir July 26.

Coaches Chris Brewington, Tracy Hayden, Phil Lang and Lauren Wood will lead these practices and we will have other coaches to support you in all the specific events. The Bullseye HoCo Team fee also includes a jersey, the required AAU membership to compete in the AAU meets and the entry fee for the AAU 1st round qualifier meet.

There is a team backpack and the fee is a 2 liter bottle of regular Mountain Dew.

Athletes will need to confirm participation in each meet and pay entry fee prior to entry deadline. **The Bullseye/HoCo Team Fee does not cover meet entry fees (EXCEPT for the AAU 1st round qualifier meet).**

Athletes need to arrange travel and pay all travel related expenses.

Coaches will help set line-ups and pick events possibly including relays for the meets. Parents and kids will need to confirm meets they will attend and time frame they will be at the meets to assist coaches in their planning.

Registration/Emergency Information ***Registration Fee-\$135 (cash or check made payable to Bullseye Running)**

Running event, if any, focused on: _____ Field event, if any, focused on: _____

Athlete's First and Last Name _____ Circle One: Male Female

Street Address _____

City _____ Zip _____ Birth Date: _____

Current school: _____ School next year: _____

Athlete's email: _____ Athlete's cell #(____) _____

Mother's Name _____ Cell # (____) _____ Father's Name _____ Cell # (____) _____

Parent's Email (only one please) _____

Waiver/Release: I know that running and volunteering to work in club events are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official or coach relative to my ability to safely complete the run(s). I assume all risks associated with running in track and field practices and meets, including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and surface conditions, all such risks being known and appreciated by me. Having read this waiver and knowing the facts in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Junior Striders, Howard County Striders, Inc., Howard County Public Schools, the AAU, Bullseye Running, coaches, meet directors and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this season for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed at races or at practices and I will abide by this guideline.

Signature of Parent/Guardian _____ Date _____

For more information, contact Phil Lang at coachlang@hotmail.com. Hand deliver payment and completed form to Coach Brewington, Coach Hayden, Coach Phil Lang or mail application prior to May 17 to Phil Lang, 5412 Thunder Hill Road, Columbia, MD 21045.

Pay by cash or make checks payable to Bullseye Running. Deadline May 21!