



Shore Running Experience Milers' Night

Hosted by Monmouth University and
Runner's High at the
OceanFirst Bank Center



Wednesday, Feb. 13, 2019

Seeded 1 Mile Heats Starting at 6:30 PM

Special Masters Mile with Age Graded Prize Money Starting at 7:30 PM

Registration available on NJMileSplit

For more information contact:

Tina Forgach at Monmouth University at cpforgac@monmouth.edu or

Rob DeFilippis at Runner's High at Runnershigh454@aol.com

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Special Masters Mile with Age Graded Prize Money Starting at 7:30 PM

Individual Athlete Entry & Release –

*** - **Pre-Registration Only** - ***

* - All unattached/club athletes will get a bib # to wear to compete.

(for all athletes competing who are NOT on a college team)

Name: _____

Club or team name: _____

Address: _____

Mile Seed Time: _____

Phone(s): _____ E-Mail: _____

I would like to be added to your mailing list for future events: Yes No

Circle one: **WOMEN'S/GIRLS' MILE** **MEN'S/BOYS' MILE**

RELEASE: I know that competing in a track meet is a potentially hazardous activity, and that I should not enter & compete unless I am medically able & properly trained. I assume all the risks associated with being a participant in this event including but not limited to: falls, contact with other participants, the effect of weather & the facility, and all other related risks. Having read this waiver & accepted these conditions, I myself and anyone entitled to act on my behalf, waive & release Monmouth University, the officials, staff, meet organizers & volunteers, and all sponsors & representatives from any and all claims and liabilities of any kind arising out of my participation in this event. Further, I grant to all the forgoing persons named in this waiver to use any photographs or video recordings of this event for legitimate purposes.

Signature _____

Parent/Guardian Signature (if under 18) _____

Entry Fee - \$10 per entrant. \$200 per team per gender. Entries close on **SUNDAY Feb. 10.** No entries allowed after this date. **Entries should be done via NJMilesplit.** This waiver should also be e-mailed to Rob DeFilippis at runnershigh454@aol.com. For more info., contact Monmouth U. Operations Coordinator Tina Forgach at (732) 263-5779; or cpforgac@monmouth.edu. You may pay in cash on race day (if you have entered in advance) or make checks payable to the Monmouth University.

Note – competitors should wear flats or 1/8" or 3/16" pyramid spikes only (no 1/4", no needles)