

2018  
**POP UP**  
**MILES**

PRESENTED BY



**INFORMATION & REGISTRATION**

**Event Date:** Tuesday, July 31st

**Where:** Shore Regional High School - CHANGE IN VENUE

**Registration Time:** 5:45PM-6:30PM

**Race Start Time:** 7PM // Elite Race 7:45

**Race Distance:** 1 Mile

**Entry Fee:** \$5.00

**DAY OF REGISTRATION ONLY**  
**HAND TIMED RESULTS FOR AGE GROUP RACES**

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**City:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Gender:** Male Female  
(Circle One)

**Age on Race Day:** \_\_\_\_\_

**Race Category:** 9 Years and Younger 10-14 Years Old 15-19 Years Old Open (20+)  
(Circle One)

**Estimated Seed Time:** \_\_\_\_\_

**(HEATS WILL BE DIVIDED ACCORDING TO SEED TIME SHOULD A SINGLE HEAT EXCEED 20 RUNNERS)**

I, the undersigned, voluntarily waive, discharge and release Runner's High, Shore Regional High School, USA Track & Field and all agencies whose property and/or personnel are used, and other sponsoring or co-sponsoring companies, agencies or individuals from responsibility for any injuries or damages I may suffer as a result of my participation in the 2018 Pop Up Miles and related events. I hereby certify that I am in good physical condition and am able to safely compete in this event. As a participating athlete I certify that all information provided in this form is true and complete. I have read the entry information provided for the event and certify my compliance by my signature below.

**IF ATHLETE IS UNDER AGE 18:** This is to certify that my son/daughter has my permission to compete in the 2018 Pop Up Miles and related events, is in good physical condition, and that race officials have my permission to authorize emergency treatment if necessary.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Signature (if entrant is under 18 y/o):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**FOR UPDATES AND ADDITIONAL INFO, FOLLOW RUNNER'S HIGH ON FACEBOOK,  
INSTAGRAM & TWITTER @RUNNERSHIGHNJ**