

Shore Running Experience Milers' Night

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



Monday, March 2nd 2020
Seeded 1 Mile Heats Starting at 7:00 PM

Entry fee is \$15 per person.

Please see Registration sheet for directions on how to enter!

Results will be available on NJMileSplit and vipertiming.com

For more information contact:

Elissa Ingram, Monmouth University eingram@monmouth.edu

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Damon Godfrey, Monmouth University dgodfrey@monmouth.edu

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

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Hosted by Monmouth University and
Runner's High at the OceanFirst Bank Center
Monday March 2nd 2020

1 Mile Heats Starting at 7:00 PM
(seeded slow to fast)

Individual Athlete Entry & Release –

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

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

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 - \$15 per entrant. Team entries will be capped at \$250.

Entries close for TEAMS/CLUBS on **Friday February 28th** @ 6:00pm. **Entries should be done via NJMilesplit.** Individual entries are to contact Director of Operations, Elissa Ingram, with Name, Age & Seed Time at eingram@monmouth.edu We will be taking individual entries until the start of the 6:30pm on race day. 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 ¼ pyramid spikes. No needle spikes.