

Additional Information:

- Athlete check-in and event packet pick-up is from 8:00 to 9:15AM on Race Day at the Lew Hartzog Track & Field Complex. Official start time is 9:30AM.
- Middle School – Just for Fun Division (4X100 and 4X400) **ONLY**
- Distance Medley Relay (DMR): 1200m, 400m, 800m, 1600m) **One division **ONLY**, any configuration of teams
- Registration: **1 form per event/child, please** (on-line option available w/ convenience fee)
- Visit gocffr.org for on-line registration, training tips, Race Day Schedule, and other event information.

Awards:

- Participation ribbons guaranteed for ALL 3-11 year-olds registered before September 23rd. Additional prizes awarded to Top 3 individuals in each dash event
- Medals for Top 3 teams in Middle School, High School, Open-Junior and Open-Senior Categories
- Team with fastest overall time in each relay event (4X100, 4X400, & DMR) receives an additional prize
- Additional prizes for highest individual and team PLEDGE amounts raised!

T-Shirts:

Event T-shirts are available for purchase at \$15/shirt. Submit order form and payment by 9/9/17 for Race Day pick-up.

ABOUT THE CFFR:

- Support Carbondale's I Can Read Program & the Obo-Kwahu Community in Ghana, West Africa – collect pledges and win prizes!
- Support the health, fitness, and unity of our communities!
- 30-Meter, 60-Meter, 80-Meter, and 100-Meter dashes for kids ages 3-11
- 4X100-Meters, 4X400-Meters, & Distance Medley-DMR (1200M, 400M, 800M, and 1600M) Competitive and Just for Fun Divisions for students and adults
- Form a team up with your family, friends, church/faith groups, colleagues, etc.!

EVENT CATEGORIES AND PARAMETERS:

30-M Dash – This event is for girls and boys who are 3 or 4 years old on 9/23/17.

60-M Dash – This event is for girls and boys who are 5 or 6 years old on 9/23/17

80-M Dash – This event is for girls and boys who are 7 or 8 years old on 9/23/17.

100-M Dash – This event is for girls and boys who are 9, 10, or 11 years old on 9/23/17.

Middle School – This category is for co-ed teams in middle school (grades 6 to 8) on 9/23/17.

High School – This category is for co-ed teams in high school (grades 9 to 12) on 9/23/17.

Open - Junior – This category is for teams of people of any combination of age, gender, and affiliation. Members' cumulative age must be equal to 136 or lower on 9/23/17.

Open - Senior – This category is for teams of people of any combination of age, gender, and affiliation. Members' cumulative age must be equal to 137 or higher on 9/23/17.

1ST ANNUAL Community Fun & Fitness Relays (CFFR)



SATURDAY, SEPTEMBER 23, 2017

8:00AM – 4:00PM

LEW HARTZOG TRACK & FIELD COMPLEX, SIUC

405 SALUKI DRIVE – CARBONDALE, IL

REGISTRATION FORM

***PAYMENT INFORMATION:**

Please make checks payable to: “**Carbondale Park District/CFFR.**”

For registration forms and payment received or postmarked by September 9th, 2017 (Early Bird):

****Individual Dash _____ \$5.00**

****Team Relay _____ \$60.00/relay event**

T-Shirt _____ **\$15.00**

Total # ordered _____ **X\$15.00 = \$ _____**

(Registration forms with T-shirt orders must be submitted with payment to the LIFE Community Center, 2500 W. Sunset, Carbondale, IL, 62901, or postmarked by September 9th, to receive T-shirts on Race Day, 9/23/17)

For registration forms and payment received or postmarked **AFTER** September 9th, 2017:

****Individual Dash _____ \$10.00**

****Team Relay _____ \$70.00/relay event**

TOTAL PAYMENT ENCLOSED: \$ _____ .00

*Please note that no refunds will be granted following receipt of payment. Event will proceed, rain or shine.

****IMPORTANT: All event registration forms must include a signed and dated CFFR Waiver of Liability form, available online at gocffr.org. Entry forms without a Waiver of Liability form will be considered incomplete and, therefore, invalid!**

For more information or help choosing the division or category that is right for your team, please visit gocffr.org or email gocffr@gmail.com.

ENTRY FORM (1 form per event/child, please):

Individual/Team: _____ Dash _____ Just For Fun _____ Competitive
Category: _____ Middle School _____ High School _____ Open-Junior _____ Open-Senior

Event:
_____ 30-meter Dash _____ 60-meter Dash _____ 80-meter Dash _____ 100-meter Dash _____ 4x100m Relay
_____ 4x400m Relay _____ Distance Medley Relay (DMR)

RELAY TEAM NAME (if registering for a relay): _____

PARTICIPANT INFORMATION:

Child/Member 1:

Name: _____ Age on 9/23/17: _____ Gender: M F Other
Address: _____
Phone #: (____) _____
Email: _____
T-Shirt size (if purchase desired): _____ Youth _____ Adult Size: _____

Member 2:

Name: _____ Age on 9/23/17: _____ Gender: M F Other
Address: _____
Phone #: (____) _____
Email: _____
T-Shirt size (if purchase desired): _____ Youth _____ Adult Size: _____

Member 3:

Name: _____ Age on 9/23/17: _____ Gender: M F Other
Address: _____
Phone #: (____) _____
Email: _____
T-Shirt size (if purchase desired): _____ Youth _____ Adult Size: _____

Member 4:

Name: _____ Age on 9/23/17: _____ Gender: M F Other
Address: _____
Phone #: (____) _____
Email: _____
T-Shirt size (if purchase desired): _____ Youth _____ Adult Size: _____