Est. Time: $\square<1: 30 \quad \square$ 1:30-1:59 $\quad$ 2:00-2:29 $\quad$ 2:30-3:00

Category: $\square$ 2-Person or $\square$ 4-Person >> $\square$ Men/Mixed or $\square$ Women
RELAY TEAM NAME (be creative!)

RUNNER \#3 (for 4-person relay):
FIRST Name $\qquad$
LAST Name $\qquad$
Address $\qquad$
$\qquad$ Prov/State $\qquad$
Postal Code $\qquad$ Phone $\qquad$
Email $\qquad$
Sex: Male Female Age on April 5, 2020

- BC Athletics: \# $\qquad$
Medical conditions $\qquad$
Medications taken $\qquad$

RUNNER \#4 (for 4-person relay):
FIRST Name $\qquad$
LAST Name $\qquad$
Address $\qquad$
City $\qquad$ Prov/State $\qquad$
Postal Code $\qquad$ Phone $\qquad$
Email $\qquad$
Sex: Male Female Age on April 5, 2020
$\square$ BC Athletics: \# $\qquad$
Medical conditions $\qquad$
Medications taken $\qquad$

Waiver (must be signed by each entrant)
In consideration of you permitting me to participate in this event, I hereby, for myself, executors, administrators and personal representatives, release the organizers of this event, their agents, B.C. Athletics, volunteers and the event sponsors from all liability, and I waive, as against the organizers, agents, B.C. Athletics, volunteers and event sponsors, all claims of any kind whatsoever I may have for personal injuries or property losses suffered by participation in this event. I certify that I have full knowledge of the risks involved in this event and I am physically fit and able to participate, and that unless indicated to the contrary by the signature of parent/guardian below, I am 19 years or older.

## \#1: Signature [parent/guardian if under 19]

