



# presents TRACK AND FIELD

## For: Pre K — 6th Graders

**DEADLINE: Friday, February 21, 2025, 5:00 pm**

**NO REGISTRATIONS ACCEPTED AFTER DEADLINE DATE**

**FEE: \$15.00/player (Entry Fee includes T-Shirt)**

**Instructor: Tanner Hageman, KHS Head Track Coach**

This Program will give youth an opportunity to learn the basics and fundamentals of track and field. Participants will work on and participate in all events that are related to track and field. This will include, but is not limited to: Sprint Mechanics, Horizontal and vertical jumps, shot put and discus throws (5th/6th only).

**Practices will be held from 5:45—6:30 PM at Kingman High School.**

**PRE K—2ND GRADE SCHEDULE: Mondays, March 24, 31, April 7, 14**

**3RD—6TH GRADE SCHEDULE: Thursday, March 27, April 3, 10, Wednesday, April 16**

**Pre-K (4+ Parent Must Be Present) & Kindergarten: 25m, 50m, 100m, 200m, 400m, L J, Softball Toss**

**1st/2nd Grade: 25m, 50m, 100m, 200m, 400m, L J, Softball Toss**

**3rd/4th Grade: 50m, 100m, 200m, 400m, 800m, Mile, L J**

**5th/6th Grade: 50m, 100m, 200m, 400m, 800m, 1600m, L J, Disc—1K, Shot—6lb, H J, Hurdles**

NAME: \_\_\_\_\_ GRADE:( '24 -'25) \_\_\_\_\_ GENDER: M F

SHIRT SIZE: XS YS YM YL AS AM AL AXL

**Return Flier and fee to the KRC Office, 131 West A Ave. Drop box available at NW corner of the building.**

**Online Registration now available at KRC website, [knrec.org](http://knrec.org)**

### **WAIVER STATEMENT:**

The undersigned states that he/she understands that the Kingman Recreation Commission (KRC) is not and shall not be responsible for or liable for any illness, injury to person or damage to property resulting from the program in which the undersigned hereby forever releases and holds harmless the said (KRC) from any and all claims of any kind that the undersigned or his/her heirs, executors, administrators or assigns may have or claim to have resulting in any way from his/her participation in said program. I have read and understand the waiver statement and give permission for participants named above to participate in the Kingman Recreation Commission program stated above.

Parent/Guardian's Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Address: \_\_\_\_\_ Phone (H) \_\_\_\_\_ (C) \_\_\_\_\_ (W) \_\_\_\_\_

Email: \_\_\_\_\_ Medical Info: \_\_\_\_\_

Kingman Recreation Commission reserves the right to take photos/videos of all programs and participants and use them for advertisement/promotion. If you have any concerns please contact the Director directly.

**EMAIL: [knrec.office@gmail.com](mailto:knrec.office@gmail.com)**

**Web: [www.knrec.org](http://www.knrec.org)**

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