Athletic Release: In consideration of my entry fee, I do hereby for myself, my heirs and administrators, waive and release any and all claims against the meet management, officials, Andrew Hecker, USATF, Mater Dei High School, The Diocese of Orange and its affiliates, and their representatives for any and all injuries suffered by me involving this event. I certify that bad jokes won't offend me, that I really read these overly wordy legal releases and seriously, that I have trained for these athletic events and I have no physical defects which prevent me from competing. I compete at my own risk.

X_____, February 21, 2010

(Circle One)

2010 USATF #_____ Single Event Unlimited Events

Print Name:_____ Phone:_____

Address:_____ City:_____

State_____ Zip_____ Birthdate:_____/_____./_____ Age:_____

E-Mail:_____ M F

Make checks payable to Andrew Hecker Total Paid $_____