



2020 Virtual Hal Martin All-Comers' Track Meets

Due to the impact of COVID-19, the 2020 season of the Hal Martin All-Comers' Track Meets will be held virtually. We will miss the energy and enthusiasm of the children and parents this June and July. We are encouraging our community youth to participate virtually over this time, track participation and submit results for ribbons and the opportunity to receive a drawing prize.

Typically, youth run anywhere from one to six events each Tuesday, from 50 Meters to 1600 Meters (1 mile) and the long jump. Track your participation each week in the Participation Tracking Log. The Soldiers Memorial Field Track and long jump pit will be ready to use in early June! Rochester Running Club volunteers will be adding lines for the distances each Monday from June 1st to July 20th. Willow Creek Middle School also has a running track available for use.

Please sign the waiver before participating. Link to waiver: <https://forms.gle/qVck87gZwQ77aTFMA>

WEEK	Participation Tracking Log						
	50M	100M	200M	400M	800M	1600M	Long Jump
1							
2							
3							
4							
5							
6							

We've broken down the events over the six weeks by age groups:

Age	Participation Ribbon	White Ribbon	Red Ribbon	Blue Ribbon
2 and under	1-5	6-7	8-11	12 or more
3-4	1-5	6-10	11-15	16 or more
4-6	1-5	6-12	13-17	18 or more
6-8	1-5	6-14	15-19	20 or more
8 and up	1-5	6-16	17-23	24 or more

For the drawing, participants will get 1 entry for a Participation ribbon, 2 entries for a White ribbon, 3 entries for a Red ribbon, and 4 entries for a Blue ribbon.

Information for turning in your Participation Log and ribbon distribution will be announced on rochesterrunningclub.org and the [Rochester Running Club Facebook](#) page in early July. Alternatively, you can submit your points online at <https://forms.gle/rLZX5e9UW6S3LenD6> for a chance to be in the drawing, but ribbons won't be mailed out.



Distance Guide

Please feel free to estimate the distance – this is just for fun! ☺

Conversion	50M	100M	200M	400M	800M	1600M
Yards/Miles	55yd/.03 mile	109 yds/.06 mile	219 yds/.12 mile	¼ mile	½ mile	1 mile
City Blocks	.45	.91	1.8	3.6	7.3	14.5
Telephone poles	2 poles	4 poles	8 poles	16 poles	32	64
On the Track	1/8 around	¼ around	½ around	1x around	2x around	4x around

How do you measure a long jump?

- You will need a tape measure and a rake or pole to measure where the foot imprint is made from the side of the jump pit.
- Measurement is taken from the front of the foot imprint made in the take-off area, to the closest landing mark in the pit.

How do you jump?

- Take off from one foot, driving your free knee and arms high into the air.
- Land with your feet close together, absorbing the impact by bending at the hips and knees.

Waiver

I know that allowing my child/children to participate in track and field events that are organized as a virtual activity where they will run on their own, at a date and time of my choosing, in a location and running route of my choosing, which will not have any support or security measures in place by the Rochester Running Club is a potentially hazardous activity, which could result in injury or death. I acknowledge that I am allowing my child/children to participate in the activity outlined by this virtual event by my own free will and at my own personal risk. I should not enter my child and let them participate in a virtual event unless they are medically able and properly trained, and by my signature, I certify that my child/children are medically able to perform this event, are in good health, and are properly trained. I further agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I attest that I having read the rules of the virtual race scheduled for the Hal Martin All Comers' Virtual Track Meets, June 1 through July 20, 2020 including the terms in this waiver, the timeline of the virtual event, and agree to abide by them. I assume all risks associated with my child/children's participation of this virtual activity, including but not limited to: falls, contact with other pedestrians, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or trail, all such risks being known or unknown and appreciated by me when out running without any type of support from local officials or event organizers.

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for my child/children and anyone entitled to act on my behalf, waive and release the Rochester Running Club, the city of Rochester, the county of Olmsted and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my child/children's participation in this virtual event, and waive my ability to bring any legal action against the entities outlined in this waiver as I am voluntarily electing to allow my child/children to run on their own as part of this virtual event. I grant permission to all of the foregoing to use my photographs which I may share online as part of the event, personal data provided during registration and post-event reporting, video or audio recordings, or any other record of this event for any legitimate purpose.

Child Name: _____ Age: _____

Parent Signature: _____ Date: _____

Electronic submission via Google Forms is preferred (link is on page 1), but you may scan the waiver and email it to alrsanchez@gmail.com.