

**CFFR RACES & REGISTRATION FORM**  
**FOR MIDDLE SCHOOL, HIGH SCHOOL, & COLLEGE STUDENTS**

The Community Fun & Fitness Relays (CFFR) offers the events below for Middle School, high school, and college students:

- **Middle School Girls 100-Meter Dash** - For girls grades 5 to 8 or age 10-14 on Race Day
- **Middle School Boys 100-Meter Dash** - For boys grades 5 to 8 or age 10-14 on Race Day
- **Middle School Girls Mile** - For girls grades 5 to 8 or age 10 to 14 on Race Day
- **Middle School Boys Mile** - For boys grades 5 to 8 or age 10 to 14 on Race Day
- **Middle School 4X100-Meter Relays** - For co-ed teams of students grades 5 to 8 or ages 10 to 14 on Race Day
- **Middle School 4X400-Meter Relays** - For co-ed teams of students grades 5 to 8 or ages 10 to 14 on Race Day

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- **High School Girls 100-Meter Dash** - For girls grades 9 to 12 or age 15-18 on Race Day
- **High School Boys 100-Meter Dash** - For boys grades 9 to 12 or age 15-18 on Race Day
- **High School Girls Mile** - For girls grades 9 to 12 or age 15-18 on Race Day
- **High School Boys Mile** - For boys grades 9 to 12 or age 15-18 on Race Day
- **High School 4X100-Meter Relay** - For co-ed teams of high school students grades 9 to 12 or ages 15-18 on Race Day
- **High School 4X400-Meter Relay** - For co-ed teams of high school students grades 9 to 12 or ages 15-18 on Race Day

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- **College Women's 100-Meter Dash** - For female students at SIU, JALC, & other colleges
- **College Men's 100-Meter Dash** - For male students at SIU, JALC, & other colleges
- **College Women's Mile** - For female students at SIU, JALC, & other colleges
- **College Men's Mile** - For male students at SIU, JALC, & other colleges
- **College 4X100-Meter Relay** - For co-ed teams of SIU, JALC, & other college students
- **College 4X400-Meter Relay** - For co-ed teams of SIU, JALC, & other college students



## 3rd Annual Community Fun & Fitness Relays (CFFR)

SUNDAY, SEPTEMBER 22ND, 2019; 2:00 P.M.

LEW HARTZOG TRACK & FIELD COMPLEX, SIUC

405 SALUKI DRIVE ~ CARBONDALE, IL ~ 62901

### REGISTRATION FORM - STUDENTS

- Support Carbondale's I Can Read Program & the Obo-Kwahu Community in Ghana, West Africa!
- Medals for top 3 finishers in each event
- Available Races & Fees:
  - Early Bird (by 9/6/19) - 100-Meter Dash: \$10.00
    - 1 Mile Run: \$10.00
    - 4X100-Meter Relay: \$15/person
    - 4X400-Meter Relay: \$15/person
  - After 9/6/19 & on Race Day - 100-Meter Dash: \$15.00
    - 1 Mile Run: \$15.00
    - 4X100-Meter Relay: \$20/person
    - 4X400-Meter Relay: \$20/person
- Free official event T-Shirts for Early Bird registrants!
- Visit [cfrsoill.org](http://cfrsoill.org) for Race Day schedule & other event info.

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Please select an **EVENT** from the options below (see Events, Categories & Parameters below):

100-Meter Dash     1-Mile Run     4X100-Meter Relay     4X400-Meter Relay

Please select a **CATEGORY** from the options below (see Events, Categories, & Parameters below):

Middle School Girls     Middle School Boys     High School Girls     High School Boys  
 College Women     College Men     Middle School Co-ed Relay     High School Co-ed Relay  
 College Co-ed Relay

ATHLETE/TEAM MEMBERS' INFORMATION (If registering for Dash or Mile, complete info for Member 1 **ONLY**):

**Member 1:**

Name: \_\_\_\_\_ Age on 9/22/19: \_\_\_\_\_ Gender: M F Other

Address: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt Size:  Youth  Adult    Size: \_\_\_\_\_

**Member 2:**

Name: \_\_\_\_\_ Age on 9/22/19: \_\_\_\_\_ Gender: M F Other  
Address: \_\_\_\_\_  
Phone #: (\_\_\_\_) \_\_\_\_\_  
Email: \_\_\_\_\_  
T-Shirt Size: \_\_\_ Youth \_\_\_ Adult Size: \_\_\_\_\_

**Member 3:**

Name: \_\_\_\_\_ Age on 9/22/19: \_\_\_\_\_ Gender: M F Other  
Address: \_\_\_\_\_  
Phone #: (\_\_\_\_) \_\_\_\_\_  
Email: \_\_\_\_\_  
T-Shirt Size: \_\_\_ Youth \_\_\_ Adult Size: \_\_\_\_\_

**Member 4:**

Name: \_\_\_\_\_ Age on 9/22/19: \_\_\_\_\_ Gender: M F Other  
Address: \_\_\_\_\_  
Phone #: (\_\_\_\_) \_\_\_\_\_  
Email: \_\_\_\_\_  
T-Shirt Size: \_\_\_ Youth \_\_\_ Adult Size: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_ (For Relays **ONLY**)

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**TOTAL FEES DUE** (Please make checks payable to “**Carbondale Park District - CFFR**”):

**\$** \_\_\_\_\_ .00 Registration Form & fees may be submitted by mail or in person to: **Community Fun & Fitness Relays (CFFR); c/o LIFE Community Center; 2500 W. Sunset Dr.; Carbondale, IL; 62901.**

**EVENTS, CATEGORIES & PARAMETERS:**

Middle School Girls’ 100-Meter Dash — For middle school girls in grades 5 to 8 on 9/22/19  
Middle School Boys’ 100-Meter Dash — For middle school boys in grades 5 to 8 on 9/22/19  
Middle School Girls’ Mile - For Middle School girls in grades 5 to 8 on 9/22/19  
Middle School Boys’ Mile - For Middle School boys in grades 5 to 8 on 9/22/19  
Middle School 4X100-Meter Relay — For co-ed teams of middle school students in grades 5 to 8 on 9/22/19  
Middle School 4X400-Meter Relay — For co-ed teams of middle school students in grades 5 to 8 on 9/22/19

High School Girls’ 100-Meter Dash — For high school girls in grades 9 to 12 on 9/22/19  
High School Boys’ 100-Meter Dash — For high school boys in grades 9 to 12 on 9/22/19  
High School Girls’ 1-Mile Run — For high school girls in grades 9 to 12 on 9/22/19  
High School Boys’ 1-Mile Run — For high school girls in grades 9 to 12 on 9/22/19  
High School 4X100-Meter Relay — For co-ed teams of high school students in grades 9 to 12 on 9/22/19  
High School 4X400-Meter Relay — For co-ed teams of high school students in grades 9 to 12 on 9/22/19

College Women's 100-Meter Dash — For female students enrolled at SIUC, JALC, or other colleges  
College Men’s 100-Meter Dash — For male students enrolled at SIUC, JALC, or other colleges  
College Women’s 1-Mile Run — For female students enrolled at SIUC, JALC, or other colleges  
College Men’s 1-Mile Run — For male students enrolled at SIUC, JALC, or other colleges  
College 4X100-Meter Relay — For co-ed teams of students enrolled at SIUC, JALC, or other colleges  
College 4X400-Meter Relay — For co-ed teams of students enrolled at SIUC, JALC, or other colleges