



**2016 John Corrigan 4x2 Relay
Sunday March 20th 9AM**

Eisenhower Park, East Meadow at the Field House (parking field #2)

Registration 7:30AM to 8:45AM

Fee: Pre-Registration (Received by 3/16/) -\$20 Per Team

Day of Race - \$28 Per Team (Sorry, No Refunds.)

MAKE CHECK PAYABLE TO: LIRRC and

MAIL TO: : JIM FERGUSON, 2193 McClellan St. EAST MEADOW, NY 11554

Pre-registration must be received by Wednesday March 16th! And you don't have to complete your teams before you mail in the form, just name the team and send it in. Fill in team members on race day! Remember! Sign in is 7:30 Am until 8:45 AM!!! Coffee, Hot Chocolate, Soup, Bagels, Irish Soda Bread.

*Scoring will be by combined time of all 4 scoring members of teams.

Team Name: _____ Category: _____

NO RUNNER MAY RUN 2 OR MORE LEGS ON SAME TEAM!, BUT MAY RUN ON MORE THAN 1 TEAM. AWARDS 3 DEEP IN EACH TEAM CATEGORY.

Registered Team Categories: Four on a team.

Check One:

Male Open- 4 men any age

Mixed Open – at least 2 women, all any age

Female Open -4 women any age

Male Masters – 4 men all 40 and over

Female Masters – 4 women all 40 and over

Mixed Masters – at least 2 women all 40 and over

Male Senior Masters - all 60 and over

Senior Mixed- at least 2 women all 60 and over

Female Senior Master - all 60 and over

I know that participating in LIRRC events is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with running in this event, including but not limited to change in running surfaces, falls, contact with other participants, or spectators, the effect of weather including cold, snow, and ice, traffic and conditions of the road, all such risks being known and appreciated by me. Therefore, in consideration of your accepting this entry, I the undersigned, intending to be legally bound, do hereby declare myself, my heirs, executors, administrators and assigns, do waive and release all rights and claims for any damages I may have against the Long Island Road Runners Club Inc., LIRRC race officials, officers, volunteers, the County of Nassau, the Nassau County Parks, Recreation, and Museums, and all the aforementioned representatives, employees, and successors, agents and assigns, for any and all injuries suffered by me in this LIRRC sponsored event.

Leg	Name: Print	Signature parent or guardian if under 18	Age:	M/F
1	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____