

14th Annual California High School Hammer Championships

Date: Saturday June 15th **Time:** Girls 11:30am (4k Hammer)
Boys 1:30pm (12lb Hammer)

Entry Fee: \$20.00 per Thrower
(Please pay by check
Or money order) **Mail Entry:** Lloyd Higgins
629 Marie Ave.
Los Angeles, Ca. 90042

Entry Deadline: June 8th, 2019 **Weigh Ins:** Begin at 10:30am

Meet Details: Welcome to the 14th Annual California High School Hammer Championships! This Hammer only competition is a 'Postal Meet'. This competition is being held simultaneously, and at two different sites. Athletes are asked to have a valid and current USATF Membership card. Athletes must be a High School Student, a Middle School Student, or an Elementary school student. Home schooled students are welcome. Athletes must be May/June Graduates or younger. Athletes cannot have turned 19 years of age prior to August 2019. This competition is in no way affiliated with the California Interscholastic Federation governing body for high school athletics. Competitors may not wear any article of clothing that has his or hers school name, mascot, or logo on it and cannot represent a high school in any manner. Your high school name is requested for national and media release notification and will be listed at highschoolhammer.com. The top six placing boys and the top six placing girls will all receive Medals. Food, snacks, and beverages available at event site.

Meet Director: Coach Lloyd Higgins
Email: Lloyd@Throwfarcoach.com
Office: (323) 254-5473

Southern California Location: Cerritos College
11110 Alondra Blvd.
Norwalk, Ca. 90650 **Contact:** Coach Lloyd Higgins
(626) 437-0154
Lloyd@Throwfarcoach.com

Northern California Location: San Joaquin Delta College
5151 Pacific Ave.
Stockton, Ca. 95207 **Contact:** Coach Ken McClain
(209) 229-5415
Kenmcclain71@gmail.com

ENTRY FORM

2019 CALIFORNIA HIGH SCHOOL HAMMER THROW CHAMPIONSHIPS – JUNE 15TH

ATHLETES NAME (PRINT): _____

MALE: _____ FEMALE: _____ AGE: _____ SCHOOL YEAR AS OF JUNE 30TH: 6 7 8 9 10 11 12

T-SHIRT SIZE: S - M - L - XL - XXL - XXXL DATE OF BIRTH: _____/_____/_____

USATF MEMBERSHIP NUMBER: _____

HIGH SCHOOL/JR OR MIDDLE SCHOOL NAME: _____

HOMETOWN: _____

ADDRESS: _____ ZIP CODE: _____

PHONE (Competitor): (_____) _____ PHONE (Parent): (_____) _____

Email (Competitor): _____ Email (Parent): _____

In consideration of acceptance, I hereby as parent or guardian or for myself as competitor, waive and release and/all claims I may have against the facilities the competition will be held at. Any/all sponsors, organizers of the meet, and their representatives, including volunteers and officials, shall be held harmless. They shall not be held liable for any/all injuries by myself, my child, my student athlete, my ward, at the above mentioned event. I also certify that I have no physical defects that would prevent me from participating in the California High School Hammer Championships.

Student Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Name (Print): _____



Alternate accessible format available within 5 work days of request. Contact (562) 860-2481 x2189

-San Joaquin Delta College-

