

www.spokaneyouthdistance.org

## Spokane Mercury Cross Country Registration 2019

You can complete one form for your family.

Athlete's Name(s) \_\_\_\_\_

Has anything about your contact information changed since the last time you participated with Mercury?  
(Address, phone numbers, email addresses, or emergency contacts)

Please provide details about any changes below:

**CURRENT** USATF Number \_\_\_\_\_

(Visit [www.usatf.org](http://www.usatf.org) to renew your membership. Please make sure you renew your old membership and **DON'T** get a new one. You **MUST** have a current USATF membership to participate with Spokane Mercury Distance at practices and meets. Initial here to indicate you have purchased a current membership for 2019 \_\_\_\_\_.

Does the athlete have any known health concerns (including medications) or special needs? Yes \_\_\_\_\_ No \_\_\_\_\_

Please provide details if you marked yes:

Does the athlete have any known allergies? Yes \_\_\_\_\_ No \_\_\_\_\_

Please provide details if you marked yes:

**Parent Volunteer Opportunities:**

Athlete's Name(s): \_\_\_\_\_

Parents' Name(s): \_\_\_\_\_

\_\_\_\_\_ Volunteering at Meets

\_\_\_\_\_ Organizing social events for the team

\_\_\_\_\_ Organizing team spirit activities for athletes (secret pals, good luck bags from parents at meets, etc.)

\_\_\_\_\_ Organizing/coordinating fundraising events

\_\_\_\_\_ Uniform Ordering/Distribution/Collection

\_\_\_\_\_ Photography at Meets and Practices

\_\_\_\_\_ End of Season Party Planning

\_\_\_\_\_ Managing Loaner Spikes

\_\_\_\_\_ Other: \_\_\_\_\_

## Meet Participation

**Athlete's Name(s):** \_\_\_\_\_

Knowing your plans helps us plan. As best you can, please complete the following information. Completing this form doesn't obligate you to anything. We will check in with everyone about final plans and registration information before each meet.

**Mountain West** in Missoula, MT on Saturday, September 28 (This one is tentative based on availability of coaches and interest from the team)

Yes       No       Unsure

Comments:

**Richland Invitational** in Richland, WA on Saturday, October 12

Yes       No       Unsure

Comments:

**Junior Olympics Association Meet** in Coeur d'Alene, ID on Saturday, November 16 (Athletes must participate in this meet or be part of a team that qualifies in order to compete at the next meet)

Yes       No       Unsure

Comments:

**Junior Olympics Regional Meet** likely on Saturday, November 23 somewhere in Oregon (Athletes must participate in this meet or be part of a team that qualifies in order to compete at the next meet)

Yes       No       Unsure

Comments:

**Junior Olympics National Meet** in Madison, WI on Saturday, December 14 (if qualified)

Yes       No       Unsure

Comments:

Athlete's Name(s): \_\_\_\_\_

Mark here if you are registering for this option	Program	Fee	Amount Enclosed for this Option
	<b>Cross Country Extended Season-</b> Practices Tuesday, Thursday, and Sundays beginning <u>September 15, 2019</u> ; all practices at Manito Park until daylight savings time ends. Sundays 4:00-5:00; Tuesday and Thursday 6:00-7:15. Last practice December 10.	\$180	
	<b>Cross Country Regular Season-</b> Practices Tuesdays and Thursdays 6:00-7:30 at Riverfront Park and Sundays 4:00-5:00 at Manito Park beginning <u>October 20, 2019</u> . Last practice December 10.	\$120	
	<b>Post High School-</b> Begin working out with us on Tuesdays, Thursdays, and Sundays after your high school season is over until December 10.	\$80	
	<b>Scholarship Donation-</b> If you wish, you may donate any amount to a scholarship fund that will be used to offset registration and meet entry and travel costs for athletes demonstrating financial need.	Determined by registrant	

Uniforms: Please note that sizes run big. If you're not sure, choose the smaller size.

\_\_\_\_\_ We have a uniform (same ones, new green, as the 2017 & 2018 seasons) and don't need a new one.

\_\_\_\_\_ We will rent a uniform for \$10.                      Circle Size(s):    YS      YM      YL      AS      AM      AL

\_\_\_\_\_ We will purchase a uniform for \$30.                      Circle Size(s):    YS      YM      YL      AS      AM      AL

\*Additional uniform items such as shorts, sweats, hats, etc. will be available for purchase after you have registered for the club. All team members need to have uniforms.

**Additional fees for meet entry and travel will be the responsibility of families.**

Assistance for travel may become available through fundraising.

**\*\*Total Amount Enclosed  
Include Registration and  
Uniform Fees**

Make checks payable to **SPOKANE  
YOUTH DISTANCE TEAM**

Pay with credit or debit card (Payments processed with SQUARE.)

Card Number: \_\_\_\_\_ Security Code: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_  
(mm/yy)

\*\*If the registration/uniform fee is a hardship for your family, please contact Carol Lewis to arrange a payment plan or scholarship.

Please call (only after 5:00 PM) or email Carol Lewis with questions: 509-842-2636; [coachcarol2015@yahoo.com](mailto:coachcarol2015@yahoo.com)

**A complete registration includes:**

- \_\_\_ All information completed on all four pages (must be complete even if you've made arrangements to pay at a later date)
- \_\_\_ A copy of the athlete's birth certificate if you are new to this team (or email a picture of it to [coachcarol2015@yahoo.com](mailto:coachcarol2015@yahoo.com))
- \_\_\_ Payment in the form of a check or credit/debit card (If payment is a hardship, contact Carol Lewis to make arrangements)
- \_\_\_ Mail registration to Spokane Youth Distance Team, 705 Golden Hills Drive, Cheney, WA 99004 or bring to your first practice

**\*\*Important Dates-** Please post this on your refrigerator!

September 15	First Practice for Extended Season- 4:00 at Manito Park; Parent Q & A at 4:15
September 28	Mountain West Meet in Missoula, MT (tentative based on schedules and availability of coaches)
October 12	Richland Invitational Meet in Richland, WA
October 20	First Regular Season Practice- 4:00 at Manito Park; Parent Q & A at 4:15
October 22	First Practice at Riverfront Park- 6:00 (meet in the Kaiser Permanente Parking Lot)
November 16	Junior Olympics Association Meet in Coeur d'Alene, ID (qualifies athletes for the next meet)
*November 23	Likely date for Junior Olympics Regional Meet; likely location Oregon
December 14	Junior Olympics National Meet in Madison, WI (teams and/or individuals must qualify at the regional meet to compete at Nationals)

\*Our regional leadership has not announced the date, time, or location of the regional meet, but we can reasonably expect it to be on this date somewhere in Oregon.

\*\*All meet dates are subject to change. We will provide timely communication via email, text messages, and on our website as soon as we receive communication about any changes. Parents are encouraged to subscribe to the USATF emails so they receive communication as well.