

**FREE POSTAL MEET 2-MILE RACE**  
**DECEMBER 12, 2014**  
**CARPINTERIA HIGH SCHOOL**  
**QUALIFYING OPPORTUNITY FOR THE**  
**CALIFORNIA STATE INDOOR MEET!**

In the 1960s and 1970s, the National Postal Meet was the method of “determining” the national championship for cross-country. Teams would get together on a track and run a 2-mile time trial and then send the results into Track and Field News. Peanut Harms and Hoka Shoes are reviving the national postal meet. If your team **or individuals on your team** would like to run that fast 2-mile on the track at the conclusion of the cross-country season, Carpinteria High School is offering that opportunity on Friday, December 12, under the lights. This is a great opportunity to run that end of the season time trial to wrap up the post CIF/State/Footlocker competition.

Here is the link about the Hokaoneone Postal Nationals. Please enter your team.

<http://www.hokaoneonepostalnationals.com>

Meet will be run on the same track as the Rincon Relays, the Santa Barbara County Championships, the Russell Cup, the Tri Valley League Finals, the Division 4 prelims and the Carpinteria Summer All-Comers Meets. Van Latham and Angel Silva, the outstanding coaches from Carpinteria will be meet directors and timers. They are excellent at running a meet quickly and efficiently.

If your team or individuals on your team would like to participate in this event, please let us know. Presently, planning on running a fast girls’ heat at 6pm and a fast boys’ heat at 6:20pm at Carpinteria High School. If there is enough interest, will add additional heats, based on anticipated time. Please email Ken Reeves with your team entries on the registration form with anticipated finish times. See attached sheet. Email Ken Reeves at [kenreeves@venturamail.net](mailto:kenreeves@venturamail.net)

**This will be a qualifier for the California State Indoor Meet. The top three boys under 9:45 will qualify automatically for the indoor meet and the top three girls under 11:30 will also earn and invitation to the California State Meet. Entry fee will need to be paid by the individual qualifiers**

Required Entry and Waiver on Next page. Use additional sheet if necessary.

# Carpinteria High School POSTAL 2 MILE Registration Form, December 12, 2014

Parent or Coach		Team (If any)			
Address					
City			State	Zip	
email				Phone	
Athlete First Name	Athlete Last Name	Team (If any)	Projected Time	Grade	Gender

**WAIVER AND GENERAL RELEASE:** I agree to comply with the rules and instructions of the Hoka National Postal Meet sponsored by Carpinteria High School. I know that participating in this event can be a strenuous and potentially hazardous activity. I am aware and assume all risks associated with my participation in this event, including, but not limited to, falls, contact with other participants or their implements, the effects of weather, including high heat and humidity, precipitation and conditions of the surface. In consideration of your accepting my entry and permitting me to voluntarily participate in this event, I, for myself, my heirs, successors and assigns and anyone else entitled to act on my behalf, hereby forever and unconditionally waive and release Carpinteria High School from any and all claims for injuries and damages I may incur as a result of my participation in this event. I further hereby represent and warrant that I am physically fit and am sufficiently trained for participation in this event. I hereby consent to receive emergency medical treatment which may be advisable in the event of illness or injury suffered by me during the event. I also give permission for the free use of my name, voice or picture in any broadcast, telecast, newspaper article, report, advertising or marketing promotion or other account of this event. My participation is subject to the discretion of the meet officials in their administration of the event taking into consideration the safety, participation and convenience of all participants, spectators and officials.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent or Guardian