

ATTENTION COACHES: The Kiwanis de Amigos RELAYS has grown to the point where registration via Internet prior to the meet is absolutely imperative. Changes on race day will be limited to substitutions and no additions.

REGISTRATION DEADLINE: All athletes must be registered and entered into their events by midnight on Wednesday, April 10th. Any school not registered will not be allowed to compete.

CO-ED RELAY TEAM

In a change from previous years, it is no longer necessary to submit your CO-ED team to Kiwanis. Coaches are on their honor to follow the rules and not have any athlete in more than three events. To save time, points earned in the CO-ED Relay will be added to each school's totals at the end of the meet.

MEET CHECK-IN

Check-in opens at 6:45 am. Teams are strongly urged to arrive at the stadium before 7:00 am for check-in so the first event can start on time and athletes have adequate time to warm-up. Coaches shall have signed liability release forms sorted in alphabetical order (A to Z) by last name and gender to facilitate check-in. As always, athletes must have a signed liability form in order to compete.

T-SHIRT ORDER

Please print out and complete the T-shirt order form which can be found on the website (www.kiwanisdeamigos.org) and have it ready at check-in. The total number of T-shirts must equal the number of athletes with signed liability release forms plus two for the coaches. Please feel free to contact the Kiwanis de Amigos Registrars – Dave Bertagnoli (David.bertagnoli@icloud.com or 703-201-7233), or Bill Corr (wecorr@icloud.com or 301-219-2943) with any questions or concerns. And, of course, pray for good weather.

Dave Bertagnoli, Meet Director (703) 201-7233

SAVE THE DATE

The Rattlesnake Run (cross country) will be September 14