



2025 RUNNING ROOM INDOOR GAMES

RELAY TEAMS - Official Entry Form

Name of School:

School Address:

City/Town:

Postal Code:

Phone (school):

Fax:

School Email:

Name of Coach(es):

Phone (evening):

Phone (at event):

Coaches Email (Mandatory):

Please provide a contact number for use at the event, in case of emergency.

Please remember to have the Running Room Indoor Games "Waiver of Liability Agreement" or "Informed Consent Form" signed by the Parent or Guardian of each student participant (including alternates) and to return the "Waiver of Liability Agreement" or "Informed Consent Form" to Running Room via mail or at the Registration Table on the first day of competition.

Competition Date	Number of Teams	Max Entries	Type of Relay (All 8x200m)	For mixed relays please provide the total number of students enrolled in your school in:
Feb 21st, 24th		2	Elementary Mixed (4 Boys and 4 Girls)	Elementary: Grades 5 & 6 combined
		3	Elementary Girls	
		3	Elementary Boys	
February 20th		2	Junior High Mixed (4 Boys and 4 Girls)	Junior High: Grades 8 & 9 combined
		2	Junior High Girls	
		2	Junior High Boys	
March 8th		2	Senior High Girls	
		2	Senior High Boys	

Please select your preferred sessions. Note: Date and times are subject to change.

I would prefer that the Elementary Relay teams compete in:

Friday, February 21st, 2025

Session A (10:00 a.m. to 1:30 p.m.)

Session B (2:00 p.m. – 5:00 p.m.)

Session C (5:20 p.m. – 7:00 p.m.)

Monday, February 24th, 2025

Session D (10:00 a.m. to 1:30 p.m.)

Session E (2:00 p.m. – 5:00 p.m.)

Session F (5:20 p.m. – 7:00 p.m.)

Teacher's Relay: 4x200m / 4 Runners, Maximum 2 Males per team

Please indicate how many Teacher Relay teams will compete on each day.

(Maximum 2 entries total.) Note: Date and times may change.

February 20th

Session C (2:00 p.m. – 5:00 p.m.)

Session F (5:20 p.m. – 7:00 p.m.)



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RELAY TEAMS - Fees and Payment

Entry Fee: \$45 Per Relay Team (no charge for Teacher's Relay), including GST.

Entry Deadlines:

Elementary (February 21-24) Deadline 4:00 p.m. Thursday, February 13, 2025
Junior High (February 20) Deadline 4:00 p.m. Thursday, February 13, 2025
Senior High (March 8) Deadline 4:00 p.m. Tuesday, February 25, 2025

Number of Teams		x \$42.86 per relay team (before taxes)
	Subtotal:	
	+ 5% GST:	
Running Room GST# 897071452RT0001.	Total for Relays:	

Payment Options:

Pay Online Indoor Games registration page on Race Roster - [Click Here](#)
Instructions to Pay Online are on the Registration page - [Click Here](#)

Pay by Mail: Cheques made payable to: "Running Room Canada".
Running Room Indoor Games
9750 47 Avenue NW
Edmonton, Alberta T6E 5P3
Running Room GST# 897071452RT0001.

Invoice Required? Yes, we need an invoice prior to paying for registration

Pay on Event Day At registration table Cheque or Cash is accepted.
Payment due on first day of competition.

It is the coaches responsibility to confirm your entries and ensure the information is correct and complete.

Entry Confirmations:

You can view confirmed entries on the confirmation list on the Registration Page.
Save Completed Form to your computer

Email Completed Forms to: indoorgames@runningroom.com

*Please send the registration form as a true attachment.
Please do not send Google Docs links nor DropBox links
(nor other "online document sharing" links) for the registration forms.*