

# Friendly Fire Shoot Out™

[www.friendlyfireshootout.com](http://www.friendlyfireshootout.com)



It's new - - -  
It's FUN - - -

It's for EVERYONE!

TRACK  
&  
FIELD

September 25<sup>TH</sup> & 26<sup>TH</sup>



Service  
Personnel,  
Kids and  
the Public

The City of Lawton is your HOST for the  
**2009**

Family,  
Friends,  
and Sports  
Enthusiasts

Be sure to  
wear your  
Team's  
**COLOR**  
that is now  
listed on the  
event website.

**Friendly Fire - Track & Field - Shoot Out™**  
◀ in conjunction with the International Sports Festival ▶

Be sure to  
wear your  
Team's  
**COLOR**  
that is now  
listed on the  
event website.

Select your Division • Select your TEAM

### DIVISIONS

YOUTH OPEN SERVICE

### TEAMS

Army, Police, Navy, Army National Guard  
Fire Fighters/EMS, Air Force, Marines

Download the [Official Entry Form](#) on-line, or pick  
one up at any **Lawton Parks and Recreation office**.

Late registration is accepted if your registration form and late fee (\$25) is  
hand delivered to: Lawton Parks Dept (1405 SW 11<sup>th</sup> St) before NOON, Sept.23<sup>rd</sup>.

### Entry Deadline:

(Postmarked by)  
**Midnight  
Sept. 15<sup>TH</sup>**

Download the Official  
Entry form on-line,  
or pick one up at any  
**Lawton Parks and  
Recreation office**.

You **MUST**  
Pre-register  
before the  
deadline.

Entry Fee  
only \$15  
(includes a T-shirt)

Each team competes head-to-head against all the other teams in their division.  
The top team in the final point standings in the Open and Service Divisions will be the

**2009 Shoot Out Champions!**

Please visit our website for the Official Registration Form,  
2009 Competition Rules, directions and much more:

[www.friendlyfireshootout.com](http://www.friendlyfireshootout.com)



Brought to you exclusively by the **ENDURO** Group, LLC

# Friendly Fire Shoot Out™

September 25<sup>TH</sup> - Youth Competition ◀ ▶ September 26<sup>TH</sup> - Adult Competition

The following events are available in the respective age groups:

## Youth Age Groups:

(8 year olds, 9 year olds, 10 year olds, 11 year olds, 12 year olds, 13 year olds, 14 year olds)  
(Your Age Group is based on your age on the first day of "Friendly Fire Shoot Out" competition - - - - - Sept 25<sup>th</sup>, 2009)

**8 - 10 Year Olds** - - - 50m, 100m, 200m, 400m, standing long jump, softball throw - - - 3 event limit

**11 - 14 Year Olds** - - - 100m, 200m, 400m, 800m, running long jump, shot put - - - 3 event limit

## Adult Age Groups:

(18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & older)  
(Your Age Group is based on your age on the first day of "Friendly Fire Shoot Out" competition - - - - - Sept 25<sup>th</sup>, 2009)

**Adults** - - - - 100m, 200m, 400m, 800m, 1600m, 4x100 Relay, 4x100 CO-ED Relay, Sprint Medley Relay, Long Jump, Shot Put  
no event limit **Special Adult Event:** Tug-of-WAR (men/women) See rules for Special Events at: [www.friendlyfireshootout.com](http://www.friendlyfireshootout.com).

**AWARDS:** 1<sup>ST</sup>, 2<sup>ND</sup>, and 3<sup>RD</sup> place medals will be awarded in each event in all three divisions (Youth, Open and Service).  
A Traveling Team Trophy will be awarded to the top team WINNER in both the Open and Service Divisions.



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## PURPOSE

The purpose of the **Friendly Fire (Track & Field) Shoot Out™** is to provide spirited, high energy competition between the military branches as well as the civilian forces, that is family and community oriented, and contested in a friendly atmosphere.

## WHO CAN PARTICIPATE?

Employees of the military and civilian forces listed can compete in the **Service Division**. Adults who are not employed by the Military or Civilian Forces may choose to represent one of the **Open Division** teams. Open Division teams are available to the spouse, family and general public. There is also a **Youth Division** representing each of the military and civilian force teams for youth ages 8 through 14 (based on age on the day of competition). Each participant can represent and compete for one Team in their respective Division in the

**2009 - Friendly Fire (Track & Field) Shoot Out™.**

**Final scores will be announced between 7 & 8pm at the track with the "2009 Shoot-Out" trophy presentation.**

### YOUTH SCHEDULE of EVENTS

September 25<sup>TH</sup>, 2009 (Friday)

This schedule is tentative until the final **Schedule of Events** is published.

4:30pm ----- Check-in

Rolling Schedule

Running events are all girls - youngest to oldest age groups, followed by boys - youngest to oldest.

5:30pm ----- First events start

The final Order of Events will be published on the event website on or before September 23<sup>RD</sup>, 2009.

**YOUTH**  
Three  
Event  
Limit

### ADULT SCHEDULE of EVENTS

September 26<sup>TH</sup>, 2009 (Saturday)

This schedule is tentative until the final **Schedule of Events** is published.

8:00am ----- Check-in, at the track, will start one hour prior to the scheduled start of your event.

**ADULTS**  
NO  
Event  
Limit

-----EARLY packet pick-up is  
Friday 5pm to 8pm at the track.

Running events are all Women - youngest to oldest age groups, followed by Men - youngest to oldest.

8:30am ----- National Anthem

9:00am ----- First events start

The final order of Events will be published on the event website on or before September 23<sup>RD</sup>, 2009.

