



SETON CATHOLIC SCHOOLS' FLYING CARDINAL 5K



5K RUN/WALK
MAY 21, 2022 9AM

SPRINGWOOD PARK

60 WATERFALL ROAD RICHMOND

PROCEEDS TO BENEFIT SETON CATHOLIC'S
HOME AND SCHOOL AND ATHLETIC BOOSTERS

ENTRY FEE

\$15 pre-registration (\$50 family rate) by April 29, 2022 (shirt guarantee)

\$20 after April 29th including day of registration (\$60 family rate)

REGISTRATION

7:30-8:45am at Springwood Park 9am start time

AWARDS

Awards to the top 3 male and female overall
and to the top 3 places in each age group.

Official chip timing by Speedy Feet for faster results.

AGE GROUPS

Men, Women, and Children

8 and under	25-29
9-10	30-39
11-12	40-49
13-15	50-59
16-19	60-69
20-24	70 & over

T-shirts will be guaranteed to all 5K participants pre-registered by April 29, 2022.

OFFICIAL ENTRY FORM*

YOU MAY REGISTER HERE OR ONLINE

<https://setonschools.org/flying-cardinal-5k-2>



Scan the QR
Code to open
registration form
and make an
online payment.

***Please fill out one
entry form per runner.**

Name _____ Phone _____ Sex M F _____

Address _____ Birthday _____

Age _____ Email _____

Registration: Pre-Registration 5K Run/Walk (with shirt) \$15 _____ Family Rate \$50 _____

After May 13th, 5K Run/Walk \$20 _____ Family Rate \$60 _____

Circle Shirt Size: Youth M L Adult S M L XL XXL

- Make check payable to Seton Catholic School/5K & mail to 240 South 6th Street attn. 5K or you may drop form and payment at any school office.
- To register and pay online, visit <https://setonschools.org/flying-cardinal-5k-2> or scan the QR code above

In consideration of the acceptance of my entry, I for myself and assignees, do here by release and discharge any and all of the sponsors of the race and assisting with the race for all claims of damages, demands, or actions arising or growing out of my participation in said athletic event and am sufficiently trained for the athletic event.

Signature _____

Parent's Sign. _____

Emergency Cont. _____

Phone _____

Date _____

For more information on running or sponsoring, please contact Arlene Berger 765-914-4627