

# FINAL INSTRUCTIONS

## Number and Packet Pick-up

Reggie Lewis Track and Athletic Center (RLTAC)

Gymnasium adjacent to the track

1350 Tremont Street, Roxbury/Boston

Friday March 28 8:30 - 11:00 a.m. pentathlon only  
2:00 p.m. - 5:00 p.m. all other

Saturday March 29 8:00 a.m. - 5:00 p.m.

Sunday March 30 8:00 a.m. - 1:00 p.m.

## Individual and Relay Entry

Please be reminded that no individual entries, additions and/or changes will be accepted after 5:00 p.m., March 24, 2003. Relay registration will take place on-site at \$20 per team.

## Competitor Number

Your competitor number must be worn on the front during all competition and will serve as your entry pass into the RLTAC and into the competition areas. *In addition, all track athletes will be required to wear a bib number on their back indicating their age-group.*

## USA Track & Field Membership

All participants are required to have a 2003 USATF membership number. Numbers are valid from November 1, 2002 through December 31, 2003 and may be obtained in the registration area (Gymnasium at RLTAC) for \$20.00.

## Admission

Admission to the meet is free, compliments of USA Track & Field – New England and the Reggie Lewis Track & Athletic Center. Please enter at the main entrance of the facility.

## Time Schedule

The final time schedule will not vary significantly from the published schedule. Any changes in the event schedule will be announced during the competition. Please review the time schedule elsewhere on this brochure. The Championships will not be delayed for any reason.

## Competition Order

Women's competition will be held first, followed by the men, except where noted, oldest to youngest age-groups. Age groups may be combined to fill sections. Preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters *will not be run* if the number of entrants in a specific age-group is eight or less (six or less for the 200 meters); *in such a case the event will be run as a final at the time designated for the final.*

## Declarations

All athletes are asked to make any scratches in any event when picking up their number at the RLTAC. **All track event athletes must check in at the clerking area at the track between one hour and 30 minutes prior to the published start time of their event** (regardless of gender or age group). Any athlete not declared by 25 minutes prior to the listed start will be scratched

Approximately 20 minutes before their event, athletes will be called to the clerking area at the track for the final time and will then be escorted onto the track from the clerking area.

**No separate declaration is required for field events;** check-in will take place at the appropriate jumping area or throwing circle. Athletes must report to their respective event area no later than 20 minutes prior to the scheduled start of their event.

## Thursday and Friday Workouts at the Reggie Lewis

Light workouts at RLTAC will be permitted Thursday, March 27, from 7:00-9:00 p.m., and Friday, March 28, from 1:00-3:30 p.m. (if not interfering with pentathlon events). Present this confirmation brochure to be allowed access. *Note* that shuttle transportation from the hotels to the track is *not available* on Thursday or on Friday morning. The facility will not be available any other times; *please respect this request.*

## Warm-ups

Athletes are strongly recommended to warm-up and cool-down in the available space provided inside the facility. This will assure that you do not miss any important announcements, information or clerking instructions. **Please note:** *spikes are not allowed inside of the warm-up gym!*

## Spikes

Up to 1/4" pyramid spikes are permitted in all competition areas. All shoes will be checked. Spikes will be for sale inside the track area.

## Implements

Shot puts, starting blocks, weights, superweights, and relay batons will be provided. Only starting blocks provided by the facility may be used. Polevaulters must arrange for their own poles. There will be no 27 inch hurdles.

## Weigh-in

All personal shot puts (soft shell variety only) and weights ("bag" only) must be weighed in if you want to use them. Implements **must** meet all specifications to be allowed for use in the competition. Weighed and approved implements will be impounded until the start of the competition. Weigh-in will begin one hour before each competition at the throwing circle.

## Starting Heights

Minimum heights are 2'8" for the men's and women's high jump, and approximately 4' for the men's and women's pole-vault. Opening heights and height progressions will be determined by the Games Committee and will be announced at the start of the competition.

## Heat Sheets

Heat sheets will be posted at the RLTAC Gymnasium, beginning on Friday, March 28.

## Timing

Fully automatic timing will be provided by Lancer Timing, using FinishLynx.

## Results

Results will be posted immediately on the stadium electronic scoreboard. Hard copies of the results of each heat and final will be posted in the warm-up area at the RLTAC. Complete results will be available at [www.usatfne.org](http://www.usatfne.org) following the conclusion of the meet.

## Protests

Protests must be filed in writing with the Meet Referee within 15 minutes of the announcement of the results. All protests must be accompanied by \$25 in cash. The money will be returned if the protest is upheld.

## Awards

The top three USA citizens in each age-group in each event final will receive Championship medals. In addition, each event age-group champion will be awarded a USATF champion patch (only one patch per athlete will be awarded!). A duplicate award will be presented to non-USA citizens finishing in the top three.

## Records

For appropriate and timely processing of record applications, athletes obtaining a new age-group record in an event should be prepared to submit a copy of their birth certificate (driver's license or similar is not acceptable). Please submit to the "Record Processing" area adjacent to the finish line.

## Medical

Certified athletic trainers will be available during the entire Championship.

## Safety and Security

Be sure to secure all valuables in your hotel. Do not leave valuables in your car, gym bag, or similar. The meet organizers and the facility will not be responsible for any losses.

## Concessions and Souvenirs

Refreshments will be for sale at the facility. **Food or coolers may not be brought into the facility at any time.**

*Embroidery Creations*, official licensee of the meet, will be selling souvenir T-shirts, polo-shirts, pins and other items in the track facility.

## Meet Program

All competitors will receive a complimentary Meet Program in their meet packet at number pick-up. Additional Programs will be for sale at \$2 each.

## Athlete Information

A meeting of USATF Masters Track & Field Committee is scheduled for Saturday immediately following the meet, adjacent to the track.

Additional information and announcements will be posted at the check-in area and the results area.

## Airport Transportation

*Public Transportation from Logan Airport.* From any airport terminal take a white-and-blue "MassPort" bus with number 22 or 33 to the "T" stop (subway). Buy a token for \$1.00, and go downstairs to the "Inbound" trains. Take any Blue Line subway car three stops to State Street. Go upstairs to the Orange Line and take a westbound car to the Back Bay stop, exit at Dartmouth Street. From there The Westin Copley Place hotel is only a block away.

*Taxi Service* is available for approximately \$25 one way.

Check [www.massport.com](http://www.massport.com) for additional information on transportation, car rental, flight updates and airport security.

## Shuttle Service to the RLTAC

**Free shuttle bus service** will be provided between The Westin Copley Place, 10 Huntington Avenue and the Reggie Lewis Facility. Buses will depart approximately every 45 minutes from the hotel and the RLTAC. Shuttle hours are Friday, March 28, 1:00 p.m. - 7:00 p.m.; Saturday, March 29, 7:30 a.m. - 7:00 p.m., and Sunday, March 30, 7:30 a.m. - 3:00 p.m.

## Public Transportation to the RLTAC

Take the MBTA's Orange Line (subway) to the Roxbury Crossing stop. The station is located diagonally across from the RLTAC.

## Driving Directions to the RLTAC

*From points North and South of Boston:*

Follow Route 93/Southeast Expressway to Exit 18, Massachusetts Avenue/Roxbury; at the end of the ramp follow the Mass.Ave./Roxbury sign, then keep going straight onto Melnea Cass Boulevard. Follow this road through six sets of lights (after crossing Mass.Ave.), at the next light turn left onto Tremont Street. The RLTAC is 1/4 mile on the left. Be prepared for delays due to traffic congestion because of Boston's multi-year "big dig" (road construction) project!

*From points West of Boston:*

Follow Route 90/Massachusetts Turnpike East to the Route 93 South exit. Follow directions as outlined above.

*From The Westin Copley Place Hotel:*

West on Huntington Avenue (0.6 mile), left onto Massachusetts Avenue (0.4 mile), right onto Tremont Street. The RLTAC will be approx. 1 mile on the left. To go back to the hotel turn right onto Tremont (0.9 mile), left onto Mass. Ave. (0.4 mile), right onto Huntington (0.5 mile), slight right onto Stuart, left at Dartmouth and left onto Huntington Avenue; the hotel will be on your left.

## Parking

Free parking will be available adjacent to the facility, as well as at a parking lot 1/4 mile from the track on Tremont Street. *Car pooling is recommended.*

## Distances Between Sites

Logan Airport is located approximately four miles from the Westin Copley Place. The Westin is about two miles from the RLTAC.

# SCHEDULE OF EVENTS

## FRIDAY MARCH 28

### 8:30 a.m. Pentathlon Registration

#### Pentathlon

9:00 am All Women and Men 70+  
 10:00 am Men 60-69  
 10:30 am Men 50-59  
 11:00 am Men 40-49  
 11:30 am Men 30-39

#### Order of Events

##### Women

60 M Hurdles  
 High Jump  
 Shot Put  
 Long Jump  
 800 Meters

##### Men

60 M Hurdles  
 Long Jump  
 Shot Put  
 High Jump  
 1000 Meters

### 2:00 p.m. General Registration

<b>Track</b>	4:00 pm	3000 Meters	Women
	4:45 pm	3000 Meters	Men 70+
	5:05 pm	3000 Meters	Men, remaining
<b>Throws</b>	3:00 pm	Weight	Women 50-59
		Weight	Women 60+
	4:00 pm	Weight	Women 30-49
	4:30 pm	Weight	Men 75+
	5:15 pm	Weight	Men 70-74
	6:15 pm	Weight	Men 60-69
<b>Jumps</b>	3:00 pm	Pole Vault	Women AND Men 60+ together

## SATURDAY MARCH 29

### 8:00 am Registration

<b>Track</b>	9:00 am	60 Meters	Trials and Finals, All
	11:45 am	Mile	Women
	12:15 pm	Mile	Men
	2:00 pm	400 Meters	Timed Finals, All
	4:30 pm	4x800M Relays	All
	5:00 pm	60M Hurdles	Trials and Finals, All

## Saturday March 29 - continued

<b>Throws</b>	9:00 am	Shot Put	Women 70+
		Shot Put	Men 50-59
	10:00 am	Shot Put	Women 60-69
	11:00 am	Shot Put	Women 50-59
		Shot Put	Men 40-49
	12:30 pm	Shot Put	Women 45-49
	1:00 pm	Shot Put	Men 30-39
	1:15 pm	Shot Put	Women 30-44
	1:45 pm	Shot Put	Men 60-64
	2:15 pm	Shot Put	Men 80+
	2:30 pm	Weight	Men 50-59
	3:15 pm	Shot Put	Men 70-79
	4:30 pm	Shot Put	Men 65-69
	4:30 pm	Weight	Men 40-49
	6:00 pm	Weight	Men 30-39
<b>Jumps</b>	9:00 am	Long Jump	Men 30-39
	9:30 am	Pole Vault	Men 50-59
	10:00 am	Long Jump	Men 40-49
	12 noon	High Jump	Men 30-39
		High Jump	Men 70+
		Long Jump	Men 50-59
	1:30 pm	High Jump	Men 40-49
		High Jump	Men 60-69
		Pole Vault	Men 40-49
		Long Jump	Men 70+
	3:00 pm	Long Jump	Men 60-69
		High Jump	Men 50-59
	4:30 pm	Long Jump	Women, All
	4:30 pm	Pole Vault	Men 30-39

## SUNDAY MARCH 30

### 8:00 a.m. Registration

<b>Track</b>	9:00 am	200 Meters	Trials, All
	10:30 am	800 Meters	Timed Finals, All
	12 noon	200 Meters	Finals, All
	1:00 pm	3000M Racewalk	Women
	1:45 pm	3000M Racewalk	Men
	2:45 pm	4x400M Relays	All
<b>Throws</b>	10:00 am	Superweight	Women 60+
	to follow	Superweight	Women 30-59
	to follow	Superweight	Men 70+
	11:00 am	Superweight	Men 60-69, outdoors
		Superweight	Men 50-59, outdoors
	To follow	Superweight	Men 30-49, outdoors
<b>Jumps</b>	10:00 am	High Jump	Women, All
		Triple Jump	Men 30-39 AND Men 60+
	11:30 am	Triple Jump	Men 40-49
	12:30 am	Triple Jump	Men 50-59 AND Women