



2004 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center
Boston, Massachusetts
March 26 – 28, 2004

Presented by USA Track & Field – New England

ELIGIBILITY

Competition is open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age groups, relays in 10-year age groups. The meet will be run in accordance with USATF Competition Rules and Regulations. A 2004 USATF membership will be required for all US residents and card must be shown at number pick-up. Membership may be obtained on-line at www.usatf.org, through local associations or on-site at the meet for \$20.

ENTRY

Early entry deadline is **Monday, March 15, 2004**. Entry fee is \$35 for the first event, \$18 for the second and \$15 for each additional event. Entry fee for the Pentathlon is \$60 (the pentathlon does count as a first event). After March 15 a late fee of \$10 per event will be charged. **Late entries, additions and/or changes must be received by Monday, March 22, 2004.**

Relay registration will take place on-site only at \$20 per team. In order for a competitor's name to be printed in the meet program and to receive final instructions, applications must be received by USATF-NE no later than Friday, March 5th. Admission to the facility is free for competitors and guests.

RESULTS

FinishLynx Automatic Timing. Results will be posted immediately on a stadium scoreboard. Hard copies will be posted in the gymnasium, and electronic results will be available at <http://www.usatfne.org> following the conclusion of the meet.

AWARDS

USATF Championship medals will be awarded to the top three places in each age group of each event final. Foreign athletes will receive a duplicate award. Championship patches will be presented to winners of individual events, with a limit of one patch per participant.

DECLARATIONS

All track athletes, after picking up their number, must check in at the clerks' table prior to their event. Declarations must be completed no less than one hour before the listed starting time for the event. No exceptions! The final seeding will then be done and sections will be drawn.

Field event competitors must check in with the officials at their field event area. Any athlete who has not checked in prior to the first attempt will not be allowed to enter the competition.

HEADQUARTERS HOTEL

Headquarters hotel is The Westin Copley Place Boston, 10 Huntington Avenue, Boston - \$116 single/double, \$126 triple, and \$136 quad occupancy, 1-800-WESTIN1. To get the special rates reservations *must* be made by March 11, 2004; mention the *National Masters Championships* at the time of making your reservation.

TRANSPORTATION

The Westin Hotel is one block from the Back Bay station. From there it is three stops on the MBTA ("T") Orange line to the Roxbury Crossing station. Roxbury Crossing is across the street from the Reggie Lewis Facility.

Complimentary shuttle transportation to the Reggie Lewis facility will be provided courtesy of USATF-NE, beginning Friday at 1 p.m.

THURSDAY NIGHT SOCIAL/DINNER

There will a dinner get-together on Thursday night. If you are interested in attending please so note on the application and add a check for \$20 per person. Guests are welcome. Details will be published on usatfne.org after March 1.

FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS

Help ensure the high quality of the Championships and future meets with a donation. All contributors will be listed in the official meet program and on the USATF-NE web site. Please consider one of the following:

Platinum - \$250

Platinum level contributors will receive an event bag, polo shirt, t-shirt and pin, and are eligible for upgrading to Junior Suite at the Westin Copley Place (3/26 and 3/27).

Gold - \$100

Gold level contributors will receive an event polo shirt and pin.

Silver - \$50

Silver level contributors will receive a meet T-shirt and pin.

Bronze - \$25

Bronze level contributors will receive a pin.

MAIL ENTRIES TO:

**National Masters Indoor Championships
USATF-NE, P.O. Box 1905, Brookline, MA 02446**

**Street Address:
2001 Beacon Street, Suite 207, Brighton, MA 02135**

MEET INFORMATION

Meet information and updates will be available at

www.usatfne.org

**Lists of entrants and final instructions will be
posted beginning March 1st.**

**USATF-New England - (617) 566-7600
office@usatfne.org**

SCHEDULE OF EVENTS

Tentative as of December 10, 2003

FRIDAY MARCH 26

8:00 AM Pentathlon – Registration

Pentathlon

Order of Events

Women	Men
60 M Hurdles	60 M Hurdles
High Jump	Long Jump
Shot Put	Shot Put
Long Jump	High Jump
800 Meters	1000 Meters

9:00 AM	M60+
9:15 AM	All Women
10:15 AM	M50-59
11:00 AM	M40-49
12:30 PM	M30-39

2:00 PM General Registration

Track Events Schedule

4:00 PM	3000 Meters	All Women
4:45 PM	3000 Meters	M70+
5:05 PM	3000 Meters	All remaining men

Throws Schedule

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

Jumps Schedule

3:15 PM	Pole Vault	Men 60+ AND All Women, Together
---------	------------	------------------------------------

SATURDAY MARCH 27

7:30 AM Registration

Track Events Schedule

9:00 AM	60 Meters	Preliminaries and Trials, All
10:00 AM	60 Meters	Finals, All
11:45 AM	Mile	All Women
12:15 PM	Mile	All Men
2:00 PM	400 Meters	Timed Finals, All
4:30 PM	4 x 800m Relay	All
5:00 PM	60 M Hurdles	Trials and Finals, All

FACILITY/IMPLEMENTS

Six lane, lightly banked 200 meter Mondo Track, nine lane straightaway. Use of starting blocks is restricted to those provided by the facility. All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. Acceptable spikes will be available at the meet. There will be one weight and two shot circles, throwing onto a synthetic surface. Only certified soft-shell shot puts and bag weight implements will be allowed for the indoor competitions. Superweight (men 30-69) will be contested outdoors.

Starting heights will be determined by facility equipment limitations and by the Games Committee. Minimum High Jump height will be 2 feet 8 inches; minimum Pole Vault height will be approx. 4 feet. Pole vaulters should bring their own poles.

There will be no 27 inch hurdles

Throws Schedule

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	Men 40-49
	Shot Put	Women 50-59
12:30 PM	Shot Put	Women 30-49
1:00 PM	Shot Put	Men 30-39
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 30-49

Jumps Schedule

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 30-49
	High Jump	Men 70+
	Long Jump	Men 50-59
1:30 PM	Long Jump	Men 70+
1:30 PM	High Jump	Men 60-69
2:00 PM	Pole Vault	Men 30-49
2:00 PM	High Jump	Men 50-59
3:00 PM	Long Jump	Men 60-69
4:30 PM	Long Jump	Women, All

Athletes General Meeting to Follow Last Event

SUNDAY MARCH 28

8:00 AM Registration

Track Events Schedule

9:00 AM	200 Meters	Trials, All
10:15 AM	800 Meters	Timed Finals - All Women
10:30 AM	800 Meters	Timed Finals - All Men
11:45 AM	200 Meters	Finals, All
12:45 PM	3000m Racewalk	Women
1:30 PM	3000m Racewalk	Men
To Follow Walks 4 x 400m Relay All		

Throws Schedule

10:00 AM	Superweight	Women 60+
to follow	Superweight	Women 30-59
to follow	Superweight	Men 70+
11:00 AM	Superweight	Men 60-69
to follow	Superweight	Men 50-59
to follow	Superweight	Men 30-49

Superweight Men 30-69 takes place outdoors

Jumps Schedule

10:00 AM	High Jump	Women, All
10:00 AM	Triple Jump	Men 30-39 AND M60+
11:30 AM	Triple Jump	Men 40-49
12:30 PM	Triple Jump	Men 50-59 AND All Women

COMPETITION ORDER

For track events the order is women followed by men, oldest to youngest. Age groups may be combined to fill sections. If the number of entrants in an age group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters will be eliminated; finals only will be run as scheduled. The Championships will not be delayed for any reason.

NOTE: field event starting times may need to be adjusted due to the number of entrants.

National Masters Indoor Championships
USATF – New England
P.O. Box 1905
Brookline, MA 02446

Prior to sealing the envelope and sending in your application, please make sure that you have:

- Completed all information
- Signed the application
- Enclosed your check for the total entry fee (\$35 for the first event, \$18 for the second and \$15 for each additional event, \$60 for the pentathlon) and Masters Committee Surcharge of \$5. After March 15 a late fee of \$10 per event (or pentathlon) must be added. There will be no refunds of entry fees for any reason. No entries, additions or changes will be accepted after March 22!
- Made your check payable to USATF-New England, US funds only and drawn on a US bank.



M-F Athletic Company

Mail application with entry fee to:
National Masters Indoor Championships
USATF-NE, P.O. Box 1905
Brookline, MA 02446.

The street address is:
2001 Beacon Street, Suite 207
Brighton, MA 02135

2004 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

Last Name _____ Male/Female _____
 First Name _____ Date of Birth _____
 Address _____ Age (as of 3/26/04) _____
 City _____ Club/Affiliation _____
 State _____ Zip _____ Citizenship (if not USA) _____
 Country (if not USA) _____ 2004 USATF Number _____
 Telephone _____ (USATF number is required!)
 E-mail address _____

Event	Best Recent Performance	Fee
Pentathlon (counts as first event) _____	_____	(\$60) _____
1. _____	_____	(\$35) _____
2. _____	_____	(\$18) _____
3. _____	_____	(\$15) _____
4. _____	_____	(\$15) _____
5. _____	_____	(\$15) _____
6. _____	_____	(\$15) _____

Late Fee for entries postmarked after 3/15/04, number of events _____ @ \$10 each: _____

Total Entry Fees: _____

Masters Committee Surcharge (see note below)* \$ **5.00

T-shirt Order (pre-event only) Total number of T-shirts _____ @ \$13 each: _____
 _____S _____M _____L _____XL _____XXL

Friend of the National Masters Championships Contribution (\$250/100/50/25 /other): _____

Thursday Night Social/Dinner, number of guests _____ x \$20 per person: _____

TOTAL AMOUNT ENCLOSED: \$ _____

*The National Masters Track & Field Committee requires the Committee Surcharge. All such funds are forwarded to the Committee and will be used for Games Committee representatives to attend and assist at Championship meets.

All fees must be paid prior to the meet. Faxed entries will not be accepted.

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-New England, its employees, agents, officers, the Reggie Lewis Track and Athletic Center, Roxbury Community College, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE: _____ DATE: _____