

## FINAL INSTRUCTIONS 2004

### Number and Packet Pick-up

Reggie Lewis Track and Athletic Center (RLTAC)  
Gymnasium adjacent to the track  
1350 Tremont Street, Roxbury/Boston

Friday March 26 8:30 - 11:00 a.m. pentathlon only  
2:00 p.m. - 5:00 p.m. all other  
Saturday March 27 8:00 a.m. - 5:00 p.m.  
Sunday March 28 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 22, 2004. 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 (U.S. residents) are required to have a 2004 USATF membership number. Numbers are valid from November 1, 2003 through December 31, 2004 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 posted in the gymnasium. Please review the time schedule elsewhere in 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, after picking up their number, must check in at the clerking area adjacent to the track 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.

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. Any athlete who has not checked in prior to the first attempt will not be allowed to enter the competition.

## **Thursday and Friday Workouts at the Reggie Lewis**

Light workouts at RLTAAC will be permitted Thursday, March 25, from 7:00-9:00 p.m., and Friday, March 26, from 1:00-3:30 p.m. (if not interfering with pentathlon events). Present the confirmation brochure you received in the mail 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 at the merchandise table 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. Pole vaulters must arrange for their own poles. The RLTAAC will store poles before and after the competition.

## **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**

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.

## **Heat Sheets**

Heat sheets will be posted at the RLTAAC Gymnasium, beginning on Friday, March 26.

## **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 RLTAAC. 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). 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 \$3 each.

## **Athlete Information**

A meeting of USATF Masters Track & Field Committee and presentation of 2003 Age Group Awards are scheduled to follow the last event on Saturday at 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 \$1.25, 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 \$26 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 RLTAAC**

***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 RLTAAC.

Shuttle hours are:  
Friday, March 26, 2:00 p.m. - 7:30 p.m.  
Saturday, March 27, 7:30 a.m. - 8:00 p.m.  
Sunday, March 28, 7:30 a.m. - 3:00 p.m.

## **Public Transportation to the RLTAAC (from The Westin Copley Place)**

Take the MBTA's Orange Line (subway) from Back Bay Station on Dartmouth Street, outbound three stops to the Roxbury Crossing stop. The station is located diagonally across from the RLTAAC.

## **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 1/2 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 last exit (Route 93 South). 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.