



USATF EASTERN MASTERS REGIONAL TRACK AND FIELD CHAMPIONSHIPS
Presented by USA Track & Field – New England
Springfield College Track Facility, Springfield, Massachusetts
Saturday, July 15, 2000

FACILITY

Springfield College Track, Alden Street, Springfield, Massachusetts

DIRECTIONS AND HOTELS – SEE REVERSE OF THIS PAGE

ELIGIBILITY

Open to all men and women 30 years of age and older. Individuals will compete in five-year age groups, relays in 10-year age groups. Meet will be run in accordance with USATF Competition Rules and Regulations. A 2000 USATF membership is required for all US residents, and card must be shown at number pick-up. Membership may be obtained through local Associations or on-site at the meet for \$15.00. Membership is calendar year.

ENTRY

The entry fee is \$15 for the first event and \$5 for each additional event, for entries received by July 10th. After that date a late fee of \$10 per person will be charged. The entry fee for relays is \$10 per team; enter on the day of the meet only. **No relay entry fee** will be required if all four team members have each entered at least one individual event.

AWARDS

USATF Regional awards will be presented to the top three places in each age group of each event final. Championship patches will be presented to winners of individual events, however, will be limited to one patch per participant.

COMPETITION ORDER – TRACK EVENTS

Women followed by men, oldest to youngest. Age groups may be combined to fill sections. Field event athletes must compete with their age groups. Track events take precedence. Please plan and enter events accordingly. (See schedule on reverse of this page).

RESULTS

FinishLynx Automatic Timing. Results will be available on-line at <http://www.usatfne.org>.

MEET INFORMATION

Call USA Track & Field - New England 617-566-7600 or office@usatfne.org

All entries must be accompanied by full payment of fees. Make check payable to USATF-NE.

Mail to: Eastern Masters Championships, USATF-New England, P.O. Box 1905, Brookline, MA 02446

**USATF EASTERN MASTERS REGIONAL TRACK & FIELD CHAMPIONSHIPS
ENTRY FORM**

For office use only

First Name _____ Last Name _____

Address _____ City/State _____ ZIP _____

Telephone _____ E-mail _____ Club/Affiliation _____

Male/Female _____ Date of Birth _____ Age on 7/15/00 _____ 2000 USATF number _____

Event	Best Recent Performance	Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Additional Fee for late registration (received after July 10): \$ 10 per entrant _____

Total Entry Fees: \$ _____

All fees must be paid prior to the meet. Faxed entries will be charged late fee.

WAIVER AND RELEASE: In consideration of your accepting this entry, 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, Springfield College and its Athletic Department, 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.

SIGNATURE: _____ DATE: _____

TRACK EVENT SCHEDULE	THROWS SCHEDULE	JUMPS SCHEDULE
9:30 5000 meter 10:15 300/400 meter hurdles 10:30 4 x 100 meter relays 10:40 5000 meter racewalk 12:00 80/100/110 meter hurdles 12:15 1500 meter 1:15 100 meter (trials/finals) 1:45 400 meter 2:15 800 meter 2:45 200 meter 3:15 Steeplechase To follow 4 x 400 meter relays To follow 4 x 800 meter relays Starting times are best estimates, and times will be advanced if possible.	Shot Put 10:00 Men 60-over All Women 11:30 Men 50-59 12:00 Men 30-49 Discus 9:30 Men 50-59 11:30 Men 60 and over 1:00 All Women To follow Men 30-49 Hammer 9:30 Men 30-49 11:30 All Women 1:30 Men 60 and over To follow Men 50-59 Javelin 11:00 Men 30-49 1:00 Men 50-59 2:30 Men 60 and over All Women	Long Jump 10:00 Men 30-49 11:30 Men 50-59 1:00 All Women To Follow Men 60 and over Triple Jump 10:00 Men 50-59 12:00 Men 30-49 1:00 Men 60 and over To follow All Women High Jump 11:30 Men 60 and over All Women 1:00 Men 30-49 3:00 Men 50-59 Pole Vault 10:30 Men 60 and over All Women 12:30 Men 30-59

Directions to Springfield College

From the East or West: Take the Mass. Turnpike, I 90, to Exit 6. After toll area, turn left at traffic light onto I 291 West. Proceed one mile to Exit 5, East Springfield/Indian Orchard. Turn right at the end of the exit ramp onto route 20A, then immediately move into the left lane. Turn left at the first light onto Roosevelt Avenue. Proceed three miles to Alden Street and turn right.

From the North: Take I 91 South to I 291. Proceed four miles to Exit 5B, East Springfield/Indian Orchard. Then, same as above.

From the South: Take I 91 North to Exit 2, Route 83. Proceed on Route 83 to the second traffic light and turn right onto Sumner Avenue. After two miles, turn left onto Roosevelt Avenue. Continue through two traffic lights, then bear left at the stop sign. Half a mile after the stop sign, cross a bridge and turn left onto Alden Street.

Hotels			
No Meet Headquarters Hotel has been designated. The hotels listed are for your information only.	Econo Lodge 1533 Elm St. West Springfield, MA 01089 413-734-8278, 800-553-2666	Quality Inn 1150 Riverdale St. West Springfield, MA 01089 413-739-7261, 800-228-5151	Sheraton Springfld Monarch Pl. 1 Monarch Place Springfield, MA 01144 413-781-1010, 800-426-9004
Plantation Inn 295 Burnett Road Chicopee, MA 01020 413-592-8200, 800-248-8495	Hampton Inn 1011 Riverdale St. West Springfield, MA 01089 413-732-1300, 800-426-7866	Ramada Ltd. and Suites 21 Baldwin St. West Springfield, MA 01089 413-781-2300, 800-839-6260	Springfield Marriott Hotel Boland Way & Columbus Ave. Springfield, MA 01115 413-781-7111, 800-228-9290
Best Western Sovereign Hotel 1080 Riverdale St. West Springfield, MA 01089 413-781-8750, 800-870-0486	Holiday Inn 711 Dwight St. Springfield, MA 01104 413- 781-0900, 800-465-4329	Red Roof Inn 1254 Riverdale St. West Springfield, MA 01089 413-731-1010, 800-843-7663	Super 8 Motel 1500 Riverdale St. West Springfield, MA 01089 413-736-8080, 800-800-8000