



USATF EAST REGION MASTERS TRACK AND FIELD CHAMPIONSHIPS
Springfield College Track Facility, Springfield, Massachusetts
Saturday, July 22, 2006

FACILITY

Springfield College Track, 263 Alden Street, Springfield, Massachusetts

ELIGIBILITY

Open to all men and women 30 years of age and older. Individuals compete in five-year age groups, relays in 10-year age groups. Meet will be run in accordance with USATF Competition Rules and Regulations. 2006 USATF membership is required for all US residents. Membership may be obtained through local Associations or at the meet for \$20. Membership is based on calendar year.

ENTRY

The entry fee is \$15 for the first event and \$7 for each additional event, for entries received by July 20th.

Entries received after that date and on meet day will be assessed a late fee of \$10 per person

There is also a required \$5 Regional surcharge for each individual entry

The entry fee for relays is \$10 per team; enter on the day of the meet only.

No relay entry fee is required if all four team members have each entered at least one individual event.

Day of event entry closes at 1 pm.

AWARDS

Medals to the top three places in each age group of each event final.

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).

FIELD EVENTS – Throws and horizontal jumps: trials / finals.

RESULTS - FINISHLYNX AUTOMATIC TIMING. RESULTS WILL BE POSTED ON-LINE AT [HTTP://WWW.USATFNE.ORG](http://www.usatfne.org).

MEET INFORMATION

USA Track & Field - New England

617-566-7600

office@usatfne.org

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

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

ENTRY FORM - 2006 USATF EAST REGION ENGLAND MASTERS TRACK & FIELD CHAMPIONSHIPS

First Name _____ Last Name _____ Male/Female ____

Address _____ City/State/Zip _____

Telephone _____ E-mail _____

Date of Birth _____ Age on 7/22/06 ____ 2006 USATF number _____

Club/Affiliation _____

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

East Region Surcharge (Required) : \$ 5.00

Fee for late registration (received after July 19) : \$ 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: _____

<p>SATURDAY, JULY 22, 2006</p> <p>TRACK SCHEDULE</p> <p>10:30 5000 meters (M & W) 11:10 5000 meter racewalk 12:00 80/100/110 meter hurdles 12:20 1500 meters 1:00 400 meters 1:30 100 meters (finals on time) 2:00 300/400m hurdles 2:15 800 meters 2:40 200 meters 3:00 4 x 800 meter relay 3:20 4 x 100 meter relay 3:40 4 x 400 meter relay</p>	<p>JUMPS SCHEDULE</p> <p>Long Jump - Pit #1 10:00 Men 30-59</p> <p>11:30 All Women AND Men 60 and over</p> <p>Triple Jump - Pit #2 All, In Flights 1:00 Men 30-59, then Men 60 AND All Women</p> <p>High Jump 11:00 Men 30-49 AND Men 50-59 1:00 Men 60 and over and All Women</p> <p>Pole Vault – Opening Height = 6ft. 11:00 All Men and Women Jump Together</p> <p>Note: Throws and Horizontal Jumps – 3 trials/3 finals Numbers may dictate breaking into 2 competitions, by age groups, based on opening and expected final heights</p>	<p>THROWS SCHEDULE</p> <p>Discus 10:00 Men 60-69 11:30 Women 60+ 12:00 Men 70+ 2:00 Women 30-59 3:00 Men 50-59 5:00 Men 30-49</p> <p>Hammer 11:00 Men 70+ 12:00 Women 30-59 1:00 Women 60-69 2:00 Men 60-69 4:00 Men 30-49 Follows Men 50-59</p> <p>Javelin 10:00 Women 30-59 12:00 Men 60-69 and Women 60+ 1:30 Men 70+ 3:00 Men 30-49 4:00 Men 50-59</p> <p>Shot Put 10:00 Men 70+ and Women 60+ 11:00 Men 60-69 and Women 30-59 3:00 Men 30-49 4:00 Men 50-59</p> <p>TIMES MAY BE ADJUSTED BASE ON NUMBER OF ENTRIES. MEN 30-49 must be checked in by 2pm, as times may be adjusted.</p>
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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.

<p>Hotels No Meet Headquarters Hotel has been designated. The hotels listed are for your information only.</p>	<p>Best Western Sovereign Hotel 1080 Riverdale St. West Springfield, MA 01089 413-781-8750, 800-870-0486</p>	<p>Holiday Inn 711 Dwight St. Springfield, MA 01104 413- 781-0900, 800-465-4329</p>	<p>Econolodge 357 Burnett Road Chicopee, MA 01020 413-592-9101</p>
<p>Plantation Inn (STAFF HOTEL) 295 Burnett Road Chicopee, MA 01020 413-592-8200, 800-248-8495</p>	<p>Hampton Inn 1011 Riverdale St. West Springfield, MA 01089 413-732-1300, 800-426-7866</p>	<p>Quality Inn 1150 Riverdale St. West Springfield, MA 01089 413-739-7261, 800-228-5151</p>	<p>Red Roof Inn 1254 Riverdale St. West Springfield, MA 01089 413-731-1010, 800-843-7663</p>

For additional information on Greater Springfield and its surroundings check www.valleyvisitor.com