



**USATF NEW ENGLAND ASSOCIATION MASTERS
TRACK AND FIELD CHAMPIONSHIPS
Springfield College Track Facility, Springfield, Massachusetts
Saturday, July 21, 2007**

FACILITY - Springfield College Track, 263 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 2007 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 \$30. Membership is based on calendar year.

ENTRY – MAILED-IN ENTRY MUST BE RECEIVED BY THE END OF THE DAY, WEDNESDAY, JULY 17

The entry fee is \$15 for the first event and \$7 for each additional event, for entries received by July 17. On meet day, a late fee of \$10 per person will be charged. There is no entry fee for relays if members are each entered at least one individual event. Day of event entry closes at 1pm.

AWARDS -

Medals will be presented 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 – Three trials attempts, with six advancing to finals.

Note opening height in pole vault is between 5 and 6 feet due to facility limitations.

RESULTS - FinishLynx Automatic Timing.

MORE INFORMATION: Updated Information and results will be available on-line at <http://www.usatfne.org/track>.

MEET INFORMATION

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

Entries must be accompanied by entry fees. Checks payable to USATF-NE

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

2007 USATF NEW ENGLAND MASTERS TRACK & FIELD CHAMPIONSHIPS ----- ENTRY FORM

First Name _____ Last Name _____ Male/Female ____
 Address _____ City/State _____ ZIP _____
 Telephone _____ E-mail _____ Club/Affiliation _____
 Date of Birth _____ Age on 7/21/07 ____ 2007 USATF number _____

Event	Best Recent Performance	Fee - \$15 first event, \$7 each additional
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

Additional Fee for late registration (received after July 18 and day of): \$10 per entrant _____
 Total Entry Fees: \$ _____

All fees must be paid prior to the meet. Faxed entries will be charged late fee. USA checks / funds only

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: _____

SATURDAY, JULY 21, 2007	JUMPS SCHEDULE	THROWS SCHEDULE NOTE THIS DIFFERS FROM LAST YR!!
<p>TRACK SCHEDULE 10:00 3K Steeplechase, 2K Steeple 10:45 <u>3000</u> meter (M & W) 11:15 5000 meter racewalk 12:00 80/100/110 meter hurdles 12:30 1500 meters 1:00 400 meters 1:30 100 meters (finals on time) 2:00 300/400m hurdles 2:20 800 meters 2:45 200 meters 3:10 4 x 800 meter relay to follow 4 x 100 meter relay to follow 4 x 400 meter relay</p> <p>Schedule: As of 6/6/07 May be changed – verify at www.usatfne.org/track</p>	<p>Long Jump - Pit #1 10:00 Men 30-59</p> <p>11:00 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 Ht – approx. 6ft. 11:00 All Men and Women Jump Together</p> <p>Note: Throws and Horizontal Jumps - 3 trials/3 finals - In the pole vault, numbers may dictate breaking into 2 competitions based on opening and expected final heights</p>	<p>Discus 10:00 Men 60-69 11:45 Men 50-59 12:45 Men 70+ 2:00 Men 30-49 3:00 Women 60+ Follows Women 30-59</p> <p>Hammer 11:00 Men 70+ 12:00 Men 30-49 1:15 Men 50-59 2:45 Men 60-69 3:30 Women 30-59 to follow Women 60+</p> <p>Javelin 10:00 Men 30-49 11:00 Women 30-59 and Women 60+ 2:30 Men 50-59 3:45 Men 60-69 Follows Men 70+</p> <p>Shot Put 10:00 Men 50-59 and Men 70+ 11:00 Men 30-49 11:30 Men 60-69 1:00 Women 30-59 2:00 Women 60+</p> <p>Times may be adjusted for events after 2 p.m.</p>

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>Ramada Ltd. and Suites 357 Burnett Road Chicopee, MA 01020 413-592-9101, 800-272-6232</p>
<p>Plantation Inn 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