

Lou's 4 x 1600 Relay

(Seventh Annual)

SATURDAY, December 29, 2007 - 12:30 p.m.**

Boston University Track Center



Bring your running year to a close on the fast track!

Open to men, women, co-ed teams, open and masters

*The relay follows the BU All-Comers meet's last event, but starts no earlier than 12:30 p.m.

It may well start later. Please check in by 12:00.

If necessary, multiple sections will be run (Faster, then less fast)

USATF-New England Managed and Sanctioned

Three national masters age group bests have been set in past relays:

Men 40+: Whirlaway 17:51.3 Women 50+: Liberty AC 28:02.4 Men 60+: Moose Milers 23:21.52

Entry Fees:

\$10 for USATF Clubs or collegiate teams \$20 for pick-up/all-star teams

PLEASE PRE-ENTER IF POSSIBLE

Runners can be changed on race day with no penalty

THERE IS A SEPARATE FEE TO RUN INDIVIDUAL EVENTS IN THE BU DEVELOPMENT MEET

More:

- USATF Club teams must be composed of bona fide members of that club
- Runners should have 2007 or 08 USATF Membership (except current collegiate athletes)
- Clubs are expected to provide a lap recorder/timer for their team
- BU development meet info and directions can be found at www.bu.edu/track

Contact: USATF New England (617) 566-7600 / office@usatfne.org

More meets and the 2007-08 Indoor Season Schedule are at www.usatfne.org/track

SEND THE BOTTOM PORTION WITH ENTRY FEE, or email or fax(617-734-6322) info to:

USATF-NE, PO Box 1905, Brookline MA 02446 office@usatfne.org

Lou's 4 x 1600 Relay Race, Saturday, December 29, 2007

All runners must sign a waiver on race day

TEAM / CLUB NAME: _____ Club / Pick-up

Estimated Time: _____ * please update on day of meet for seeding

Team contact _____ Male / Female / Co-ed

Email _____ Phone _____

Runners in order:

1. _____ Age on 12/29 _____ USATF# _____

2. _____ Age on 12/29 _____ USATF# _____

3. _____ Age on 12/29 _____ USATF# _____

4. _____ Age on 12/29 _____ USATF# _____