



**USATF NEW ENGLAND ASSOCIATION
MASTERS TRACK AND FIELD CHAMPIONSHIPS**

**Cranston High School West, Cranston RI
Sunday, July 19, 2009**

FACILITY - Cranston High School West, Cranston RI.

DIRECTIONS - 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. Several events are open to all ages, not just masters (see schedule). Meet will be run in accordance with USATF Competition Rules and Regulations. A 2009 USATF membership is required for all US residents. Membership may be obtained through local Associations or on-site at the meet for \$30. Membership is based on calendar year.

SPECIAL OPEN EVENTS – Javelin, Pole Vault, 100, 300 Hurdles, race walk – enter day of event only. \$10.

SPECIAL YOUTH EVENTS (age 16 & under) – 100, 400, relays, TurboJav – enter day of event only, NO ENTRY FEE. Ribbon awards

ENTRY – MAILED-IN ENTRY MUST BE RECEIVED BY THE END OF THE DAY, THURSDAY, JULY 16

The entry fee is \$10 for the first event and \$5 for each additional event, for entries received by July 16.

On meet day, a late fee of \$10 per entrant will be charged. There is no entry fee for relays.

Day of event entry for track events closes at 12 noon for all events

AWARDS- 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.

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.

Opening height in pole vault is approximately 5 feet due to facility limitations. Field event athletes must compete with their age groups

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

2009 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 7/19/09 ____ 2009 USATF number _____

Event	Best Recent Performance	Fee - \$10 first event, \$5 each additional
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

((Additional Fee for late registration (received after July 16 and on 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, the city of Cranston RI, 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>SUNDAY, JULY 19, 2009</p> <p>TRACK SCHEDULE 10:00 a.m. 3000 meter (M & W) 10:30 5000 meter race walk 11:15 80/100/110 meter hurdles 12:00 p.m. 100 meters Master followed by open/youth 12:30 1500 meters 1:00 400 meters (finals on time) Master followed by youth 1:30 300m hurdles Master followed by open 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 Youth relays follow open</p> <p>Hurdles – we will have 27” hurdles</p> <p>300 Hurdles for all age divisions No 400 hurdles will be run</p> <p>OPEN TRACK EVENTS Racewalk, 100, 300 hurdles (36”) are open to all ages (not just masters)</p> <p>Youth 100, 400, turbojav, relays – no entry fee. Enter at meet only</p> <p>Open Javelin and Pole Vault compete with men 30-49, or masters women</p>	<p>JUMPS SCHEDULE</p> <p>Long Jump 10:00 Men 30-59 11:00 All Women AND Men 60 and over</p> <p>Triple Jump - 1:00 Men 30-59, then Men 60 AND All Women</p> <p>High Jump 11:00 Men 30-59 1:00 Men 60 and over and All Women</p> <p>Pole Vault – Opening Ht – approx. 5ft. 12:00 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>THROWS SCHEDULE</p> <p>Note: There is only one circle for both hammer and discus, and this will result in a very long day Warmup in circle is limited to 10 minutes, so do other warming up accordingly</p> <p>Hammer 9:30 All Women 10:30 Men 30-49 11:30 Men 50-59 12:30 Men 60-69 To follow – M70+</p> <p>Discus 2:00 Men 30-49 2:45 Men 50-59 Then All Women Then Men 60+ Times may move ahead in DT/HT</p> <p>Javelin 10:00 Men 19-49 11:30 All Women 12:30 Men 50-59 1:45 Men 60-69 Follows Men 70+</p> <p>Shot Put 10:00 Men 50-59 11:00 Men 70+ 11:30 Men 30-49 12:30 All Women To follow Men 60-69</p> <p>Times may be adjusted for events after 2 p.m.</p>
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Directions to Cranston West High School

Take I-295 (off of I-95 from either north or south) to Exit 3B. At end of ramp at light ,turn right on Natick St, and go 1.5 miles.

Please park only in the designated spaces

<p>HOTELS NO Meet Headquarters Hotel has been designated.</p>	<p>Numerous hotels are located just off of I-95 in Warwick, near the airport, about 15 minutes from the track</p>	<p>A food and drink concession will be available at the meet.</p>	
<p>MEET SPONSOR – Throwing Zone</p>	<p>www.turbojav.com</p>		

