

Lou's 4 x 1600 Relay

(Ninth Annual)

Saturday, December 26, 2009 - 1:00 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 1:00 p.m.

It may 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 \$20 for collegiate or "all-star" teams (not all part of same club)

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 four bona fide members of the club and all should have USATF membership.
- All teams 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 2009-10 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 26, 2009

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 12/26 _____ USATF# _____

2. _____ Age on 12/26 _____ USATF# _____

3. _____ Age on 12/26 _____ USATF# _____

4. _____ Age on 12/26 _____ USATF# _____