

**2010 USATF –
NEW ENGLAND**



**INDOOR TRACK & FIELD
CHAMPIONSHIPS**

Sunday, February 21, 2010

Gordon Track Facility

Harvard University

North Harvard Street, Allston

Registration: 10:00 a.m. Events: 10:30 a.m.

NOTE: Harvard may charge a parking fee – so carpool!

ENTRY PROCEDURE / FEES

Received through February 17: (Please enter by 2/17)

\$12 for first event, \$5 for each additional event up to 3 total

On event day:

\$20 for first event, \$10 for each additional event.

Registration closes at 12:00 pm for all meet day entry

Team fees for large teams; request team form

****NO DAY OF EVENT ENTRY IN HURDLES OR WEIGHT ***

RELAYS: Clubs/schools may enter men's and women's relays at no charge if 2 or more athletes are entered individually. \$10 / relay otherwise.

All entry fees are non-refundable.

USATF MEMBERSHIP

Open athletes must have 2010 USATF membership. Exception: College/prep school athletes entered by their school do not need membership.

Please obtain membership prior to meet day.

USATF membership is available at the meet:

\$30 per person, \$20 for youth 18-and-under.

**Make checks payable to: USATF-NE
Mail with application to
USATF-New England
P.O. Box 1905, Brookline, MA 02446**

Pre-meet entry deadline is Wed. February 17, at 5:00 p.m.

SCHEDULE OF EVENTS

TRACK *Women followed by men unless noted.
Masters(co-ed) Follow Men. Fast sections first*

EVENTS MAY RUN 10 min AHEAD OF SCHEDULE

- 11:00 am **5000 meter**, Women, 19:30 time limit
- 11:20 am **5000 meter**, Men, 16:30 time limit
- 11:40 am **3000 meter racewalk**
men and women combined, 20:00 time limit
- 12 Noon **60m Hurdles** (timed finals W /ScholasticB / Men)
- 12:15 pm **Mile** (W / M)
- 1:00 pm **60 meters** (timed finals W / M / Masters)
- 1:30 pm **400 meters** (blocks for heats 1-2 only)
- 2:00 pm **800 meters** (W / M / Masters)
- 2:25 pm **200 meters** (blocks for heats 1-2 only) W/M/Mast
- 3:00 pm **3000 meters (W / M)**
4x400 meters
Distance Medley Relay (1 race W/M)

FIELD

- 10:30 am **Scholastic Boys& Masters Men Weight Pole Vault.** (Women and Men combined)
Group A – opening height 8' - followed by
Group B – opening height 11'0
(no men may open below 12')
- 12 noon **Long Jump** (Women/Men) (Min. 15 ft measure)
To follow **Triple Jump** (Women/Men)
- 12 noon **Weight Throw** (Women, then Men)
Minimum measurement 35' after 1st throw
To follow **Shot Put** (Women/Men) (min.measure 28'/33')
- 12:15 pm **High Jump** **Men first**, open 5'10"; Women 4'10"

Masters Only Events: Co-Ed: 60, 200, 800, LJ, WT

Masters should note above where they will compete in relation to the open events

Masters Long jump - 4 jumps in 1st flight of Men's LJ !!

USA TRACK & FIELD - NEW ENGLAND INDOOR CHAMPIONSHIPS **Sunday, February 21, 2010**

ENTRY FORM (Team Entry Form available upon request – w/ team fee – 617-566-7600)

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Club/Affiliation _____ Male/Female _____ Age (as of 2/21/10) _____

2010 USATF Number (required) _____ e-mail address _____

(all except collegians / prep school entered by their school)

Event	Best Recent Performance/Date
1. _____	\$12 _____
2. _____	+ \$5 _____
3. _____	+ \$5 _____

All fees must be paid prior to the meet.

ASSUMPTION OF RISK AND WAIVER: I understand that competing in track and field is a potentially dangerous event. In consideration of accepting this entry into the USATF-New England Indoor Track & Field Championships, 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, Harvard University and its Athletic Department, sponsors, 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. I acknowledge that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE: _____

Date: _____ Version 1/15/09