

# Lou's 4 x 1600 Relay

(Tenth Annual)

Sunday, December 26, 2010 - 1:30 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 1:30 p.m.

It may start later. Please check in at the timing booth 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](http://www.bu.edu/track)
- Minimum age of any relay runner - 16

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

More meets and the 2010-11 Indoor Season Schedule are at [www.usatfne.org/track](http://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](mailto:office@usatfne.org)

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Lou's 4 x 1600 Relay Race, Sunday, December 26, 2010

All runners must sign a waiver on race day. Under age 18 MUST pre-enter/bring waivers

TEAM / CLUB NAME: \_\_\_\_\_ USATF 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# \_\_\_\_\_