



**USATF EAST REGION AND NEW ENGLAND  
MASTERS TRACK AND FIELD CHAMPIONSHIPS  
Providence Career and Technical High School, Providence RI  
Sunday, January 29, 2012**

**FACILITY** - Providence Career and Technical HS, 91 Fricker St, Providence RI 02903      **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. Meet will be run in accordance with USATF Competition Rules and Regulations. A 2012 USATF membership is required for all US residents prior to entering the meet. Membership may be obtained through local Associations

**ENTRY** – ONLINE ENTRY AT [www.usatf.org/events/2012/EastRegionMastersIndoorChampionships/](http://www.usatf.org/events/2012/EastRegionMastersIndoorChampionships/)

ONLINE ENTRY CLOSES ON WEDNESDAY, JANUARY 25 AT 11:59 PM.

MAILED-IN ENTRY MUST BE RECEIVED BY 5PM WEDNESDAY, JANUARY 25. CHECKS PAYABLE TO USATF-NE

The entry fee is **\$20 for the first event and \$7 for each additional event** for on-time entries received by January 25.

There is also a required USATF East Region **Masters Surcharge of \$5 per competitor.**

On meet day, an additional **late fee of \$15 per athlete** will be charged.

Relays enter on meet day at \$10/relay. No fee for relays if all runners are already in the meet

Day of event entry for ALL events is from 9:00 to 10:30 a.m ONLY.

There is no fee for spectators

**AWARDS** - Eastern Region medals to the top three places in each age group of each event final. No additional New England medals.

Team awards to the top two combined M/W scoring clubs.

**COMPETITION – TRACK EVENTS**

Women followed by men, oldest to youngest. Age groups may be combined to fill sections.

Track events take precedence over field events. Please plan and enter events accordingly. (See schedule on reverse of this page).

3 year old facility. 200 meter flat oval. 1/4" pyramid spikes only

**Field Events** – Throws and horizontal jumps – Three trials attempts, with six advancing to finals.

Opening height in pole vault is approximately 6 feet due to facility limitations. Field event athletes must compete with their age groups

**RESULTS** - FinishLynx Automatic Timing

This form as of November 30, 2011

**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**

**2012 USATF EAST REGIONAL AND NEW ENGLAND MASTERS TRACK & FIELD CHAMPIONSHIPS**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Male/Female \_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ ZIP \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_ Club/Affiliation \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on 1/29/12 \_\_\_\_ 2012 USATF number \_\_\_\_\_

Event \_\_\_\_\_ Best Recent Performance \_\_\_\_\_ **Fee - \$20 first event,\$7/additional events**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

East Region championship fee (required)      **\$5.00**

LATE ENTRY SURCHARGE (After January 25 and on day of meet): \$15) \_\_\_\_\_

Total Entry Fees: \$ \_\_\_\_\_

**All fees must be paid prior to the meet. NO FAXED ENTRIES. 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 Providence 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><b>SUNDAY, JANUARY 29, 2012</b></p> <p><b>TRACK SCHEDULE</b>  10:00 a.m. 5000 m run (25 min limit)  10:30 a.m. 3000 meter race walk  (30 minute limit) OPEN  11:00 a.m.**60 m hurdles-finals on time</p> <p>Followed by 60 m trials, if needed  Age groups needing trials  will be posted by 10 am</p> <p>11:45 a.m. 3000 m run  and OPEN 3000 m</p> <p>12:20 p.m. 400 m  60 m finals  Mile  OPEN 1000 meter</p> <p>2:00 p.m. 200 m  800 m</p> <p>To follow  4 x 400 m relay  4 x 800 m relay</p> <p><b>Relays are open to all ages including  open and youth runners  OPEN RUNNERS must contact USATF-  NE for special entry form</b></p> <p><b>*** Hurdles –  WE WILL <u>NOT</u> HAVE 27” hurdles</b></p> <p><b>As of December 21, 2011</b></p>	<p><b>REGISTRATION BEGINS AT 9:00 a.m.</b></p> <p><b>JUMPS SCHEDULE</b></p> <p><b>Long Jump</b>  11:00 All Women</p> <p>12:30 Men 30-49  2:00 Men 50-59 followed by  Men 60 and over</p> <p><b>Triple Jump -</b>  2:00 ALL JUMPERS report  Men 30-59  Men 60 AND  All Women</p> <p><b>High Jump</b>  11:30 Men 60 and over  and All Women</p> <p>1:00 Men 30-59</p> <p><b>Pole Vault – Opening Ht – approx. 6ft.</b>  12:00 All Men and Women  Jump Together</p> <p>Please respect our limitations of the pole  vault equipment and opening heights.  1 runthrough after 1 hour wait + 1 before  opening height</p> <p><b>Note:</b> Throws and Horizontal Jumps  - 3 trials/3 finals  - In the pole vault, numbers might dictate  breaking into 2 competitions based on  opening and expected final heights</p>	<p><b>THROWS SCHEDULE</b>  <b>There are two circles,</b></p> <p><b>Warmup in circle is limited to 10  minutes, so do other preliminary  warming up accordingly</b></p> <p><b>Weight</b> 9:30 a.m. All Women  followed 10:30 a.m. Men 70+  immediately 11:30 p.m. Men 60-69  by 1:30 p.m. Men 50-59  Superweight 3pm or to follow – M30-49</p> <p><b>Super Wt</b>  <b>Immediately follows the respective  weight throw (so, women’s weight  followed by women’s super weight)</b>  W all – 10:30 in the SP circle  M70+ - 11:30 in the SP circle</p> <p><b>Women’s and M70+ superweight is  on the infield  Men’s 70+ follows women</b></p> <p><b>Shot Put</b> 9:30 a.m. Men 60-69  12:30 pm Women  1:30 Men 70+  2:30 p.m. Men 30-49  To follow – M50-59</p> <p>Times may be adjusted for events after 2 p.m.</p>
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**Directions to Providence and Career High School**

91 Fricker St, Providence RI 02903.  
From North - Take I-95 south to Exit 21 (Atwells Ave). Merge onto service Rd, Right on Broad, Right on Fricker  
From South- Take I-95 north to Exit 16. Merge onto RI Rt 10 North, 3.1 miles to Westminster St Exit toward Neyville Square. Turn  
right at Westminster St ,immediate right on Winter which becomes Fricker.  
*Please park only in the designated spaces*

<p><b>HOTELS</b>  NO Meet Headquarters Hotel  has been designated.</p>	<p>Numerous hotels are located  just off of I-95 in Providence,  10-15 minutes from the track</p>	<p>A food and drink concession will  be available at the meet.  <b>NO FOOD OR DRINK  INSIDE THE TRACK  AREA</b></p>	