



**USATF EAST REGION AND NEW ENGLAND
MASTERS TRACK AND FIELD CHAMPIONSHIPS
Providence Career and Technical High School, Providence RI
Sunday, January 27, 2013**

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 2013 USATF membership is required for all US residents prior to entering the meet. Membership may be obtained through local Associations

ENTRY – ONLINE ENTRY LINK AT WWW.USATFNE.ORG/TRACK

ONLINE ENTRY CLOSES ON WEDNESDAY, JANUARY 23 AT 11:59 PM.

MAILED-IN ENTRY MUST BE RECEIVED BY 5 PM WEDNESDAY, JANUARY 23. 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 23.

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).

4 year old facility. 200 meter flat Mondo surface 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 December 1, 2012

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

2013 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 1/27/13 ____ 2013 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 23 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>SUNDAY, JANUARY 27, 2013</p> <p>TRACK SCHEDULE 10:00 a.m. 5000 m run (25 min limit) And OPEN 5000m 10:30 a.m. 3000 meter race walk (30 minute limit) OPEN 11:00 a.m. **60 m hurdles-finals on time (no 27" hurdles) Followed by 60 m trials, if needed Age groups needing trials will be posted by 10 am</p> <p>11:40 a.m. 3000 m run and OPEN 3000 m</p> <p>12:30 p.m. 400 m OPEN 1000 meter Mile 60 m finals</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>Relays are open to all ages including open and youth runners</p> <p>OPEN RUNNERS must contact USATF- NE for separate entry form</p> <p>*** Hurdles – WE WILL NOT HAVE 27" hurdles Runners may NOT run hurdle heights not corresponding to age group</p> <p>As of December 1, 2012</p>	<p>REGISTRATION BEGINS AT 9:00 a.m.</p> <p>JUMPS SCHEDULE</p> <p>Long Jump 10:30 All Women AND Men 60 and over</p> <p>12:30 Men 30-59</p> <p>Triple Jump - 2:00 ALL JUMPERS Men AND Women</p> <p>High Jump 11:30 Men 60 and over and All Women</p> <p>1:00 Men 30-59</p> <p>Pole Vault – Opening Ht – approx. 6ft. 12:00 All Men and Women Jump Together</p> <p>Please respect our limitations of the pole vault equipment and opening heights. 1 run-through after 1 hour wait, and 1 run-through before opening height</p> <p>Note: 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>THROWS SCHEDULE There are two circles</p> <p>Warmup in circle is limited to 10 minutes, so do other preliminary warming up accordingly</p> <p>Weight 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>Super Wt Immediately follows the respective weight throw (so, women's weight followed by women's super weight) Women's and M70+ superweight is on the infield Men's 70+ follows women W all – 10:30 in the SP circle M70+ - 11:30 in the SP circle</p> <p>Shot Put 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 will be adjusted for events after 2 p.m. based on number of participants</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 Neville Square. Turn
right at Westminster St ,immediate right on Winter which becomes Fricker.

Please park only in designated spaces

<p>HOTELS 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>NO FOOD OR DRINK INSIDE THE TRACK AREA</p>	