

**USATF-NE OPEN AND MASTERS  
TRACK & FIELD CHAMPIONSHIPS  
SUNDAY, JUNE 23, 2013  
REGIS COLLEGE, WESTON MA**



**Sunday June 23, 2013** Registration begins at 9:30 a.m.

**Regis College, 235 Wellesley St, Weston MA**  
1/2 mile from Rts 30 & 20. Directions - [www.regiscollege.edu](http://www.regiscollege.edu)

**ENTRY**

Minimum age 14. Limit of 3 individual events

**USATF Membership** - Post-collegians and scholastics **must** have a 2013 USATF membership.

Membership is waived for current college athletes on teams.

**ONLINE ENTRY:** see link at [www.usatfne.org/track](http://www.usatfne.org/track)

**FEES**

**Received by WED, June 19:** \$15 first event, \$7 / additional  
Maximum 3 events entered

**Day of Event:** \$25 first event, \$10 / additional  
Day of event entry until 11:00 am ONLY  
Hurdles, steeplechase, pole vault, hammer, javelin  
are pre-entry only –no meet day entry in those events

**Relays:** USATF member clubs only. No entry fee for relays  
Submit relays to timer table by 2 pm on meet day

**Masters Events**

Masters track sections run after open. Field vary  
In 10 year age groups, may combine if fields are small

**AWARDS** - top 3 finishers in each event

**OPEN Prize Money Bonuses and Performance awards**

See [www.usatfne.org/track](http://www.usatfne.org/track)

**Open Team Scoring** USATF-New England clubs: 5-3-2-1

**Track order: Women Open/Masters followed by Men O/M**  
Some events may combine age groups open/masters if fields are small

TRACK EVENTS	
Track opens for warm-up at 9:30 am	
*** Check website on June 19 for changes***	
<b>10:30 am</b>	5,000 meters - combined M/W – 17:00 men/20:00 women time limit
<b>10:55 am</b>	3000 m – women / men
<b>11:30 am</b>	80/100/110 hurdles - MUST pre-enter. No 27"
<b>11:45 am</b>	100 m
<b>12:00 pm</b>	800 m
<b>12:15 pm</b>	3000 m race walk M / W, 20:00 limit
<b>12:40 pm</b>	400 m
<b>12:55 pm</b>	400 m / 300m hurdles MUST pre-enter No 27" hurdles
<b>1:20 pm</b>	1500 m
<b>1:45 pm</b>	200 m
<b>To follow</b>	Steeplechase – 3000m for men then women Followed by 2000m (M60+, W40+)
<b>To follow</b>	4x100 Relay
<b>To follow</b>	4x400 Relay
FIELD EVENTS - top 6 to finals	
Women then Men unless noted. Opening Hts noted	
<b>10:00 am</b>	Hammer Throw – Open Men then Women then Masters 40 / 50 / 60+ Pre-enter
<b>10:00 am</b>	Shot Put – Masters W / M in 2 circles, Old to young. Open to follow at about 12:30
<b>Follow HT</b>	Discus - W / M / Masters M young old to
<b>11:00 am</b>	Pole Vault – pre-enter - W 8'6" then M 12'6" then masters 6'6. Increments up 1' then up 6"
<b>11:00 am</b>	Javelin - Masters M70/Masters W then Open M then Open W then 60/50/40
<b>11:00 am</b>	Long Jump - M then all W then masters M
<b>To follow</b>	Triple Jump – M then all W then masters M
<b>12:00 pm</b>	High Jump - W 4'8" then M 5'8" then Masters
*****	<b>ENTRY / SCHEDULE AS OF MAY 6, 2013</b> <b>FINAL THROW SCHEDULE posted June 19</b>

**2013 USATF-New England Track & Field Championship - ENTRY FORM**

First Name: \_\_\_\_\_ Male / Female  
 Last Name: \_\_\_\_\_ Age on 6/23/13: \_\_\_\_\_  
 Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Club: \_\_\_\_\_ 2013 USATF#: \_\_\_\_\_  
 Email: \_\_\_\_\_

**EVENT (3 maximum)**

<b>1.</b> _____	<b>Best Recent Performance</b> _____
<b>2.</b> _____	_____
<b>3.</b> _____	_____

Checks payable to:  
**USATF-NE**

Mail completed entry form with entry fee:  
**USATF - New England**  
**P.O. Box 1905**  
**Brookline, MA 02446**

No faxed entries.

PRE ENTRY by 6/19: \$15 1st event, \$5 each additional event  
On Meet Day: \$25 for first event, \$10 each additional event

**Assumption of Risk and Release:** I recognize that participating in track & field is a potentially hazardous activity and can cause injury or death. In exchange for acceptance of this entry, I for myself, executors, administrators and assigns, do hereby release any rights and claims for damages I may have against USATF, USATF-New England, Regis College and its Athletic Department, and any and all sponsors and individuals involved with the presentation and conduct of this meet. I hereby attest that I have full knowledge of the risk involved in competing in this event, am physically fit, and have sufficiently trained to participate in this event.

Signature (parent or guardian if under age 18): \_\_\_\_\_ Date: \_\_\_\_\_  
(Form as of 5/7/2013)