

2013 USATF EASTERN REGIONAL INDOOR ULTRAWEIGHT PENTATHLON CHAMPIONSHIPS

Sponsored by Classical High School and M-F Athletic Company
Providence Career and Technical Academy
91 Fricker St., Providence, RI 02909

Sunday February 3rd, 2013

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (____) _____ Email: _____

Date of birth: ____ ____ ____ Age: _____ M ____ F ____ USATF # _____
Month Day Year (As of Feb 3, 2013)

Entry fee: \$70.00 if received before January 30th, 2013

Make check payable to **Robert Palazzo** and mail to Bob at **166 Enfield St., Providence, RI 02908.**

Late Entry Fee: Day of event: \$90.00

Awards: For each 5 year age group, top three - Olympic size medals, 4th thru 6th place – Ribbons
USATF Regional Championship medals to top 3 in each age group.
USATF Eastern Regional Champion Patch to winner in each age group.

Indoor implements will be used in all events except the 200# and 300# weights which will be steel and thrown into the long jump pit. Three throws per implement.

Information – Call **Bob Palazzo** at **(401) 580-6238** or email Bob at: robert.palazzo@ppsd.org

I agree to the unreserved use of my name and/or likeness (including photographs, videotapes, and other depictions) for publication. In consideration of the acceptance of my application for entry into the meet, I hereby waive, release and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me as a result of my participation in the 2013 USATF Eastern Regional Indoor Ultraweight Pentathlon Championships. This release is intended to discharge USA Track & Field, USA Track & Field/New England, The City of Providence, The Providence School Department, Classical High School, M-F Athletic Company, organizers, officials and staff, and other participants or spectators from and against any and all liability arising out of or connected with my participation in the 2013 USATF Eastern Regional Indoor Ultraweight Pentathlon Championships.

I AM AWARE THAT THIS ACTIVITY SUBJECTS ME TO PHYSICAL RISKS AND DANGERS. NEVERTHELESS, I VOLUNTARILY AGREE TO ASSUME ANY AND ALL RISKS OR INJURY OR DEATH, AND TO RELEASE, DISCHARGE AND HOLD HARMLESS ALL OF THE ENTITIES OR PERSONS MENTIONED ABOVE. IT IS UNDERSTOOD AND AGREED THAT THIS WAIVER, RELEASE AND ASSUMPTION OF RISK IS TO BE BINDING ON BY HEIRS, PERSONAL REPRESENTATIVES, NEXT OF KIN, SPOUSE AND ASSIGNS.

Signature: _____

Date: _____

ULTRAWEIGHT PENTATHLON IMPLEMENT CHART FOR AGE GROUPINGS

Age Division	Weight	S/W	Ultra-1	Ultra-2	Ultra-3
Men 30-49	35 lbs.	56 lbs.	98 lbs.	200 lbs.	300 lbs.
Men 50-59	25 lbs.	56 lbs.	98 lbs.	200 lbs.	300 lbs.
Men 60-69	20 lbs.	44 lbs.	56 lbs.	98 lbs.	200 lbs.
Men 70-79	16 lbs.	35 lbs.	44 lbs.	56 lbs.	98 lbs.
Men 80+	12 lbs.	25 lbs.	35 lbs.	44 lbs.	56 lbs.

Age Division	Weight	S/W	Ultra-1	Ultra-2	Ultra-3
Women 30-49	20 lbs.	35 lbs.	44 lbs.	56 lbs.	98 lbs.
Women 50-59	16 lbs.	25 lbs.	35 lbs.	44 lbs.	56 lbs.
Women 60-74	12 lbs.	20 lbs.	25 lbs.	35 lbs.	44 lbs.
Women 75+	4 kg	16 lbs.	20 lbs.	25 lbs.	35 lbs.

