

2016 USATF EAST REGIONAL INDOOR ULTRAWEIGHT PENTATHLON CHAMPIONSHIP

Sponsored by Providence Classical High School,
M-F Athletic Company, *and* the Twilight Throwers
Hosted by Providence Career & Technical Academy
41 Fricker St. Providence, RI 02903



Sunday, February 14th, 2016
9:30 am to 2:30 pm



Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (_____) _____ - _____ Email: _____

Date of Birth: _____ Age: _____ M ___ F ___ USATF # _____
MM DD YYYY (on Feb 14, 2016)

Entry fee: \$70.00 if received on or before February 7th, 2016

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 constructed of steel and thrown into the long jump pit. Maximum of three attempts per implement.

Information: Call **Bob Palazzo** @ (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 2016 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, the Twilight Throwers, the 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 2016 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

Age Division	WT	SW	Ultra #1	Ultra #2	Ultra #3
W30-49	9.08k (20#)	15.88k (35#)	20.00k (44#)	25.45k (56#)	98 lbs
W50-59	7.26k (16#)	11.34k (25#)	15.88k (35#)	20.00k (44#)	25.45k (56#)
W60-74	5.45k (12#)	9.08k (20#)	11.34k (25#)	15.88k (35#)	20.00k (44#)
W75+	4.00k (8.8#)	7.26k (16#)	9.08k (20#)	11.34k (25#)	15.88k (35#)
M30-49	15.88k (35#)	25.45k (56#)	98 lbs	200 lbs	300 lbs
M50-59	11.34k (25#)	25.45k (56#)	98 lbs	200 lbs	300 lbs
M60-69	9.08k (20#)	20.00k (44#)	25.45k (56#)	98 lbs	200 lbs
M70-79	7.26k (16#)	15.88k (35#)	20.00k (44#)	25.45k (56#)	98 lbs
M80+	5.45k (12#)	11.34k (25#)	15.88k (35#)	20.00k (44#)	25.45k (56#)

