

Arizona Flames Invitational Track And Field Meet

DATE: Saturday, April 22, 2006 TIME: 5:00 P.M.

LOCATION: Mesa Community College
1833 W. Southern Ave.
Mesa, Arizona SANCTIONED BY:
USA TRACK & FIELD, ARIZONA

ELIGIBLE GROUPS: Open (Under 30), plus all standard five year age groups from age 30 upward, i.e., 30-34, 35-39, 40-44, 45-49, etc.

ENTRY FEE: \$15 for the first three events chosen. Each additional event \$3. Relays \$15

ENTRY DEADLINE Wednesday, April 19, 2006
Day of meet entries accepted on space availability. Athlete must be present 1 hour before event start time.

MAIL TO: James Smith
Arizona Flames Track Club
880 N. Madrid Lane
Chandler, AZ 85226

Make checks payable to:
Arizona Flames Track Club

E-mail: jfsmith@cox.net

RECORDS: Best performance Track (Have to meet minimum All American standard to be considered)
Best performance Field (Have to meet minimum All American standard to be considered)

FOR MORE INFORMATION: www.azflames.com James Smith: 480-726-1613

Schedule of Events (All times PM)

Track Events *

5:00 3000m walk
5:50 4 x 100 relay
6:00 Shuttle Hurdle Relay
6:20 1500m
6:40 110/100/80/HH
7:00 400m
7:20 100m
7:40 800m
8:00 400/300 IH
8:10 200m
8:30 3000m/5000m
9:00 4 x 400 relay/4 x 800 relay

* Please be prepared. The meet can run +/- 15 minutes in each event. The meet will run on a continuous basis.

Field Events- *

5:00 Hammer
5:00 Discus (Men 50+)
5:00 Shot put (Men 19-49, Women)
5:00 High jump (Men 50+, Women)
5:00 Long jump (open pit)
6:00 Pole vault
6:30 Shot put (Men 50+)
6:30 Discus (Men 19-49, Women)
7:00 High jump (Men 19-49)
7:30 Javelin (upon completion of discus)
7:30 Triple jump (open pit)

Note: Hammer throwers who are entered in the first flight of the discus or shot put will be permitted to take some or all of their throws in the second flight of those events to prevent conflict with the hammer.

Arizona Flames Invitational

OFFICIAL ENTRY

Meet Date: April 22, 2006

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Name (Last) _____ (First) _____ Age _____ Sex _____

Date of Birth _____ USATF# _____ Telephone _____

Address _____ City _____ State _____ Zip _____

List events entered:

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

PAYMENT:

Entry fee (up to three events): \$15

Additional events (\$3 each) _____

TOTAL SUBMITTED: _____

MAIL TO:

James Smith

Arizona Flames Track Club

880 N. Madrid Lane

Chandler, AZ 85226

Make checks payable to: Arizona Flames Track Club

Athletic Waiver Release: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or hereafter accrue, against Mesa Community College, Arizona USATF Arizona, Arizona Flames Track Club, and all other sponsors and sports facilities or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.

Athlete's signature: _____ Date: _____