



USATF West Region Masters Championships
Saturday, June 11, 2011 – Running events: Long Beach City
College, Long Beach - starting at 7 a.m.
Throwing events: CITRUS COLLEGE, in Glendora, 7:30 a.m.

NO FIXED TIMES FOR RUNNING EVENTS - ROLLING SCHEDULE STARTING AT 7 A.M.

THROWING EVENTS start at 7:30 A.M.. with Hammer, then Discus, Shot Put, Weight Throw, Superweight and Javelin.

Order of Running Events

7 a.m. 10,000 meters

5,000m

5,000m Racewalk

80/100/110m Hurdles

3k Steeplechase

2k Steeplechase

1500m

100m prelims (Check 'Status of Entries' online as of 6/8,

Prelims if more than 9 in age group.)

300/400m Hurdles

400m Finals

100m Finals

800m

200m Finals

4x100m Relay

4x 800m Relay

4x 400 Relay

Field Event schedule:

8:30 a.m.

High Jump (All women, M60+)

Pole Vault (M30-59)

10 a.m. High Jump (M30-59)

Long Jump (All)

11 a.m. Pole Vault (all women, M60+)

Triple jump (All) follows Long Jump

A 2011 USATF membership number is required to enter this meet. Obtain or renew memberships at www.usatf.org. NO MEMBERSHIPS WILL BE SOLD AT THE MEET.

o Medals will be awarded to the first 3 places in each 5-year age group.

o Implements must be checked in 30 minutes prior to event.

o Events begin with women, oldest to youngest, then men, oldest to youngest.

o After **JUNE 1**, only online entries accepted (with \$20 late fee). **Online entry deadline is 10 p.m. PDT JUNE 6.**

o Entry fees: First event, \$25; second event, \$12; additional events \$5 each. Relays: \$20 per team, pay at meet.

o **A championship T-shirt will be available for purchase at the meet. The shirt will list the names of all competitors who enter by June 1.**

o Make checks payable to: West Region. Mail to Mark Cleary, 18 Charca, Rancho Santa Margarita, CA 92688

o Contact: runnermark@cox.net

Name _____ Age (on 6/11/11) _____ Birthdate _____ Male/Female _____

Address _____ Phone _____

City/State/ZIP _____ 2011 USATF No. (Mandatory) _____

Club affiliation _____ e-mail _____

Event **Best mark, '10-'11**

1. _____
2. _____
3. _____
4. _____

Entry Fees (No refunds)

First event (\$25) \$ _____

Second event (\$12) \$ _____

Third or more events (\$5 each) _____

West Region surcharge \$ 5

Late fee (\$20, after June 1) \$ _____

Total: \$ _____

Waiver (Must be signed in order to compete): I hereby waive all my rights that I or my heirs or assigns may have against USATF, So Cal Track Club and/or Mark Cleary and/or Long Beach City College and/or Citrus College arising from any illness, injury or accident that I may sustain in arriving at, participating in, or departing from this event. I declare my good health to participate in this event.

Signed _____ Date _____