2010 USATF Masters Northwest Region Throws Championships

SMAC 9 Throws Pentathlon

Hosted By Seattle Masters A.C. & USATF Pacific Northwest

West Seattle Stadium ● Seattle, Washington ● August 21, 2010
First event starts at 8:00 a.m. Weigh-ins 6:30 a.m.

Events: *Throws Pentathlon ● Ultraweight Pentathlon (Ultraweight Pent. follows the Throws Pentathlon)*
Note: The weight throw in the Throws Pent. will serve as the1st event for Ultraweight Pent. The weight throw will count for both pentathlons.

Contact: *George Mathews 208-772-8686 or george.mathews@roadrunner.com*
Website: *www.pntf.org*

Online entries preferred ($5 less than mail-in entries) ● www.pntf.org

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Name: _____

Street Address: _____

City: _____ ***State:*** _____ ***Zip:*** _____

Phone: (_____) _____ ***Email:*** _____

2010 USATF Membership |__|__|__|__|__|__|__|__|__|__|__|__| ***USATF Club Affiliation:*** ***Yes***
Required for U.S. citizens
Circle "Yes" if you wish to represent the club that is part of your USATF member profile

Date of Birth: ____/____/____ ***Age*** _____ ***Sex:*** **M F** ***Citizenship:*** _____
Month Day Year **as of July 22, 2010**

[ ] I have a disability for which I am requesting an accommodation. Documentation must be submitted by July 9, 2010. visit www.usatf.org/about/policies/ for more information.

Events On-Time Mail-in entries must be postmarked by August 9	**Fee**	**Total**
1. ❑ *Throws Pentathlon* ❑ *Ultraweight Pentathlon* *(Check one only)*	$35	
2. ❑ *Throws Pentathlon* ❑ *Ultraweight Pentathlon* *(Check one if applicable)*	$20	
Late fee (for entries postmarked Aug 10-13, 2010 / No mail-in entries accepted after Aug 13)	$15	
Officials Association Fund donation (optional)		
T-Shirt ❑ *Lg* ❑ *XL* ❑ *2XL*	$15	
Awards Social (lunch, etc. at conclusion of the last event)	$15	
Total Amount		$

Waiver of Liability: I do hereby legally bind myself, my heirs, executors, and administrators to waive, release and discharge any and all rights, claims and damages that I may have against USATF, USATF Pacific NW Association, George Mathews, Seattle Masters A.C., Pacific NW Officials Assoc., their agents, representatives, employers or sponsors for any and all injuries, damages and/or claims which might otherwise have arising out of said event. I hereby attest that I have full knowledge of the risk involved in competing in this event and am physically fit and sufficiently trained to participate in this event. By entering this competition, I grant USA Track & Field, Inc. a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics. In no event, however, will such usage constitute an endorsement of any product or service without my specific written consent.

_____ _____
Signature (required) *Date*

Mail Entry and check to: (payable to Seattle Masters A.C.) George Mathews, 9787 Country Club Drive, Hayden Lake, ID 83835