



**SEATTLE MASTERS CLASSIC
USATF PACIFIC NW ASSOCIATION OPEN/MASTERS T&F
AND THROWS PENTATHLON CHAMPIONSHIPS
JULY 18, 2015**

West Seattle Stadium, 4432 35th Av. SW Seattle, WA 98126

Hosted by Seattle Masters Athletic Club, Seattle Frontrunners & USATF Pacific Northwest

ENTRY DEADLINES:

On-time online entries deadline: by July 11 (by 11:59 pm PST)

Late Entry Deadline: July 12 - July 15 (by 11:59 pm PST) mailed entries must be received by deadline dates

ENTRY FEES:

On-time fees: 1st event \$25.00; additional events \$10; Throws Pentathlon \$10

Late fee: add \$15 to on-time fees

Meet day fee: add \$30 to on-time fees

ENTRY FORMS

Online (preferred) - [click here](#)

Paper/Mail-In - [click here](#) (pdf)

TENTATIVE SCHEDULE (Final schedule will be posted at PNTF.org on July 17)

TIME	TRACK EVENTS			TIME	FIELD EVENTS	
8:45	5000m Racewalk	M-W		8:30	Javelin	M-W
9:30	5000m	M-W		9:45	Hammer	M-W
10:15***	80-100-110m Hurdles	M-W				
	Depending on entries					
10:45	100m	M-W				
				11:00	Shot Put	M-W
11:15	1500m	M-W		11:00	Long Jump	M-W
11:45	400m	M-W		11:30	Pole Vault	M-W
12:15*	4x100m relay	M-W		to follow LJ	Triple Jump	M-W
12:30	800m	M-W				
1:00	200m	M-W		12:45	Discus	M-W
1:45**	4x400m relay	M-W		1:00	High Jump	M-W
2:15***	2000m Steeplechase	W & M60+				
	3000m Steeplechase	M30-59		2:45	TP Javelin	M-W
* if no relay	Officials Lunch Break			3:15	Weight	M-W
** if no relays	Steeplechase moves up					
*** Hurdle events must have at least 3 entries in an event to be contested.				3:45	Superweight	M-W

We run a floating schedule: Events may run ahead of scheduled time, athletes should report to stadium 90 min before event schedule.

Sanctioned by USA TRACK and FIELD. Awards: Medals awarded for 1st, 2nd, 3rd place finishers

Implements: Throws implements must be checked in at least one hour prior to the event. Check in opens at 7:00am

Throws pentathlon will be scored based on your first three throws of each of the throws events. Throws pentathlon javelin will be run on the 77 ft runway next to the west shot put circle.

RELAYS: Run in 10 yr age groups. Team must wear distinctive tops. Fee \$10/team. Declare 1 hr before event.