



# USATF Northwest Region Masters T&F Championships

Part of the Seattle Classic

Hosted by Seattle Masters Athletic Club & USATF Pacific Northwest Masters

July 19-20, 2008 • West Seattle Stadium Seattle, Washington



## Sat. July 19 (tentative schedule)

### Open athletes to be added to youngest group

TRACK	TIME	FIELD
10,000m MW	8:30	Javelin (M70+)
	9:00	Hammer (M30-59)
5000m Race Walk MW	10:15	Long Jump (W30+)
		Shot Put (M30-59)
	10:30	Javelin (M60-69)
2000m Steeplechase	11:00	High Jump (M30-64; W30-49),
All women & M60+		Hammer (W30+)
3000m Steeplechase (M30-59)	11:20	
80m Hurdles MW	12:00	Javelin (M30-59); Shot Put (W30+)
		Long Jump (M65+)
100m Hurdles MW	12:15	Hammer (M60+)
110m Hurdles MW	12:30	
100m MW	1:00	High Jump (W50+; M 65+)
	1:30	Long Jump (M30-64)
		Shot Put (M60-69)
400m MW	2:00	Javelin (W30+)
	2:30	Shot Put (M70+)
1500m	2:45	
NW Region Meeting		After last event, pizza & drinks, free

## Sun. July 20 (tentative schedule)

### Open athletes to be added to youngest group

TRACK	TIME	FIELD
5000m (W30+)	8:30	Discus (W30+)
	9:00	Weight/Superweight (M30-59)
5000m (M) 2 heats	9:15	
	9:40	Discus (M70+)
		Pole Vault (All W & M60+)
	10:00	Triple Jump (M30-59)
	10:30	Weight/Superweight (All W)
300m IM Hurdles	10:45	
400m IM Hurdles	11:00	Triple Jump (All W; M60+)
800m	11:15	Discus (M60-69)
1 Mile Race Walk	11:45	Weight/Superweight (M60+)
200m	12:15	Pole Vault (M30-59)
Relays	12:30	Discus (M30-59)
		4x100; 4x400; 4x800

### Eligibility

Masters Competition is open to all men and women 30 years of age and older. Age on July 19 will determine a competitor's age division. Proof of membership with USA Track & Field will be required from all U.S. citizens. You must obtain a 2008 USATF membership through your local Association or online at [www.usatf.org/membership](http://www.usatf.org/membership). You may represent a USATF club as long as the club affiliation is part of your USATF membership record. Proof of date of birthday will be required from all competitors. Some USATF members' ages have been verified in the USATF database. Also, there will be open competition for men & women 19-29 with the youngest Masters age groups.

### Age Divisions

Masters individual competition will be held in age divisions of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments. Also, there will be open competition for men & women 19-29 with the youngest Masters age groups.

### Rules

USATF Competition Rules ("Masters" implements and rules) will apply to this event - [www.usatf.org/about/rules](http://www.usatf.org/about/rules)

### Awards

Masters Championship regional medals will be awarded for 1-3<sup>rd</sup>; ribbons for 4-6<sup>th</sup>; Championship patches for all NW athletes. Open competitors will be awarded medals for 1<sup>st</sup> - 3<sup>rd</sup>.

### Implements

Field implements must be checked in at least one hour prior to the event

### Entry Fees &

\$15.00 for first event; \$7.00 for each additional event. To avoid late fees, entry must be postmarked by July 5; Late entry

### Deadlines

fees (July 5-15) is an additional \$20.00; \$40 onsite. Relay fees will be collected the day of race only, no later than 11 am Sunday.

### Meet information

[www.pntf.org](http://www.pntf.org); Email: [george.mathews@roadrunner.com](mailto:george.mathews@roadrunner.com); Ph: 208-772-8686

### & Online Entries

**Detach entry form and mail w/payment to: Online Entries Preferred for Masters Competition; Open competitors please mail entries to:**  
George Mathews, 9787 Country Club Dr. Hayden Lake, Idaho 83835 Make checks payable to **Seattle Masters A.C.**

Name \_\_\_\_\_ Age (on 7/19/08) \_\_\_\_\_ Birth date \_\_\_\_\_  Male  Female

Address \_\_\_\_\_ Phone \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_ 2008 USATF No. \_\_\_\_\_

Club Affiliation \_\_\_\_\_ Email \_\_\_\_\_

ADA Accommodation: I have a disability for which I am requesting accommodations. All requests for accommodations must be received **six weeks prior** to the date of competition. Visit [www.usatf.org/about/legal/policies/ADA](http://www.usatf.org/about/legal/policies/ADA) for USATF's ADA policy.

Event	Best mark, '07-'08	Entry Fees
1. _____	_____	First event \$ <b>15.00</b>
2. _____	_____	Additional events (\$7 ea) \$ _____
3. _____	_____	Late fee - \$20 (7/5- 7/5) \$ _____
4. _____	_____	Late fee - \$40 (after 7/15 & Onsite) \$ _____
5. _____	_____	T-shirt (\$15 each) size: _____ \$ _____
6. _____	_____	T-shirt XXL (\$17 each): _____ \$ _____
		Officials Association fund (optional) \$5.00 \$ _____
		<b>TOTAL \$ _____</b>

**Waiver of Liability:** (Must be signed in order to compete): In exchange for acceptance of this entry, I for myself, executors, administrators and assigns, do hereby release any right and claims for damages to me or my property I may have against USATF, Pacific NW Assoc., City Of Seattle Parks & Recreation, Pacific NW Officials Assoc., Seattle Masters AC, their agents, representatives, officers, 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.

Signed \_\_\_\_\_ Date \_\_\_\_\_