



Hosted by Pacific Northwest Association and Seattle Masters Athletics Club

2007 USA MASTERS WEIGHT AND SUPERWEIGHT CHAMPIONSHIPS

and Seattle Masters Ultraweight Pentathlon

Saturday, October 6, 2007 • 9:30am • West Seattle Stadium • Seattle, WA

Male Female

Last Name First Name

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Club Age (on 10/6/07) 2007 USATF Membership # (required)

Address City State Zip

Phone Email

Please check each box that applies:

- HAMMER THROW Friday, October 5th, noon (included)
- WEIGHT & SUPERWEIGHT CHAMPIONSHIPS Saturday, 9:30am **\$25**
- ULTRAWEIGHT PENTATHLON Saturday after Superweight **add \$15**
- LUNCH BUFFET Saturday after Ultraweight (included)
- T-SHIRT ... Size: L XL XXL (included)

Mail check (payable to PNTF) by **October 3rd** to: PNTF Masters Committee, 3766 S. 192nd St, SeaTac, WA 98188

Waiver: 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, Seattle Masters Athletics Club, City of Seattle Parks & Recreation, their agents, representatives, officers, employees or sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently proficient for this competition.

Signature (required) Date

Age	Weight	Super	#25	#35	#44	56#	98#	200#	#300
M30-49	35#	56#					X	X	X
M50-59	25#	56#					X	X	X
M60-69	20#	44#				X	X	X	
M70-79	16#	35#			X	X	X		
M80+	12#	25#		X	X	X			
W30-49	20#	35#			X	X	X		
W50-59	16#	25#		X	X	X			
W60-69	12#	25#		X	X	X			
W70+	12#	20#	X	X	X				

For more info: Visit www.pntf.org/masters or contact George Mathews (208-691-0193) or PNTF (206-433-8868).