



# USA Track & Field



## *2011 Midwest Region Masters Track & Field Championships*

Sunday, July 10, 2011

Carroll University

Waukesha, Wisconsin

**“One of the Finest Outdoor Track and Field Facilities in the Midwest”**

### ***Fees:***

Entry fee is \$15.00 for the first event ***each individual event*** an athlete enters and \$10.00 for each **additional event** an athlete enters. No entry fee will be transferred or refunded after June 30, 2011. ***Entries will not be processed unless the entry fee is received with this form. Bring a legible copy of a birth certificate or proof of age along with a verified USATF membership card for each athlete entered, if your age has not been verified on the USATF records. Do not send in advance.***

***Make all checks payable to STEPHEN B. COHEN, MEET DIRECTOR and mail to 2431 The Strand, Northbrook, IL.***

### ***Eligibility:***

This meet is open to all **Masters (Ages 30-100+)** who are **2011 USATF member athletes and Open USATF members on a non-Championship basis (no medals)**. Memberships can be obtained through your Association Membership Chair ([www.usatf.org/associations](http://www.usatf.org/associations)) or online ([www.usatf.org/membership](http://www.usatf.org/membership)). ***Non-Registered USATF athletes are ineligible to participate in this event.*** Age divisions are determined by year of birth on the day of the competition. Athletes must compete in their true age divisions. **NO MOVING UP OR DOWN.**

***The entry confirmation and fees (including T-Shirt orders) must be postmarked by June 30, 2011. A \$15.00 late fee will be charged for all late entries and no entries will be accepted after 10:00 AM on July 11, 2010.***

***Check-In Requirements:*** Numbers will be provided at the Registration Table for all athletes. Be sure to bring birth certificates and USATF cards when you pick up packets. **No Admission Charge for guests.**

***Awards:*** Individual masters event awards will be presented to participants who finish 1<sup>st</sup> - 3<sup>th</sup> place in each individual masters event.

***Officials:*** Anyone desiring to officiate at this meet is encouraged to contact the Robert Kern of the Wisconsin USATF Association.

### ***Facility:***

The track and runways, including Javelin, are Beynon 1000 10ml. Spikes up to but not exceeding ¼” will be allowed. All team and buses, coaches, athletes and spectators must use the Otteson and Overflow Lot. All Parking to the immediate North of the complex will be reserved for meet workers and officials. Your cooperation will be appreciated. Fully Automatic Timing is expected to be present on the date of the competition. **No radios, glass containers, smoking, tobacco, or alcoholic beverages are allowed in the facility.**

***Equipment:*** There will be some Starting blocks but athletes are expected to bring their own. Field event athletes are expected to bring their own implements. Weighing of implements will take place at Registration.

**Airline Travel:** Mitchell Field, O'Hare and Midway Airports service the Milwaukee area of Wisconsin. Mitchell Field is closest. The three airports service all major airlines.

**Clinic:** There will be a CLINIC at no additional charge to competitors and guests commencing at 9:30 am and ending at 11:00 am on the day of the competition. The clinic will concentrate on conditioning and therapy options. After the lectures end at 11:00 am, the coaching staff at Carroll University will be available to work with individual athletes as part of an ongoing Clinic for competitors.

**Contact:** Stephen B. Cohen at 312-528-3814 (voice mail at work) or 847-564-1818 (home). Emails will be accepted at [lawsbc@aol.com](mailto:lawsbc@aol.com) (show "Midwest Masters" in the subject line).

**DIRECTIONS TO CARROLL COLLEGE:**

**From Kenosha/Racine:** 1-94 North to Milwaukee. Exit on 1-894 West and proceed to 1-43 South. Take I-43 to Hwy 164 (Waukesha-Big Bend). Exit Hwy 164 North. Continue straight for approx. 7 miles to College Avenue. Turn left and go 1 block, turning right on Barstow. Parking lots are on the bottom of the hill, complex will be one your left.

**From Beloit:** Take I-43 North to Hwy 164. Follow rest of directions above.

**From Milwaukee:** Take 1.94 West. Exit on Hwy F (formerly Hwy 164). Turn left going south. At Moreland Blvd., do not follow Hwy F. Cross Moreland and continue south on Hwy 18 West (North Street) to Barstow Street which is 2.5 miles south of I-94. Turn left on Barstow. The complex and parking lots will be after you get through downtown.

**From Madison:** Take I-94 East and exit on Hwy F (formerly Hwy 164). Then follow directions from Milwaukee.

**Event Schedule**

<b>Running Events</b>	<b>Field Events</b>
<p><b>11:30 am</b>  <b>RACE WALK( 3000 Meters)</b></p> <p><b>12:00 pm (NOON)</b>  <b>110/100/80 METER HURDLES</b>  <b>800 METER RUN</b>  <b>100 METER Dash</b>  <b>5000 METER RUN</b>  <b>200 METER DASH</b>  <b>400/200 METER HURDLES</b>  <b>1500 METER RUN</b>  <b>400 METER</b>  <b>10,000 Meter Run</b></p> <p><b>EXHIBITION RACE</b></p> <p><b>4 X 100 RELAY</b>  <b>4 x 400 RELAY</b></p> <p><b>RELAY TEAMS MAY COME FROM THE SAME OR DIFFERENT AGE GROUPS. NO ENTRY FEE WILL BE CHARGED FOR THE RELAY ENTRANTS AND THERE WILL BE NO AWARDS FOR THIS EVENT)</b></p>	<p><b>11:30 am</b>  <b>Javelin (Men then Women)</b>  <b>Hammer (Women then Men)</b>  <b>Pole Vault (Men and Women)</b></p> <p><b>Weight throw to follow Hammer (M &amp; W)</b></p> <p><b>1:00 pm</b></p> <p><b>Long Jump (M &amp; W)</b>  <b>High Jump (M &amp; W)</b></p> <p><b>1:30 pm</b></p> <p><b>Shot Put (Men)</b>  <b>Discus (Women)</b></p> <p><b>Followed By:</b></p> <p><b>Triple Jump (M &amp; W)</b>  <b>Shot Put (Women)</b>  <b>Discus (Men)</b></p>

Events will run oldest to youngest, male then female (except where noted in the schedule or where events may be combined by the officials or meet director).

# 2011 USATF MIDWEST REGION TRACK AND FIELD ENTRY FORM

## Waivers & Releases

Please put a checkmark in the box beside each statement to indicate you have read and agree to it. Registration for this event is conditioned upon acceptance of the terms below.

**Waiver of Liability & Assumption of Risk**

For and in consideration of USA Track & Field, Inc. ("USATF") allowing me, the undersigned, to participate in the 2011 Midwest Region Masters Outdoor Track & Field Championships (the "Event"), I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am at least eighteen (18) years of age or older (or that this document is also signed by my parent or legal guardian); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs that would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.
2. I accept sole responsibility for my own conduct and actions while participating in the Event, the condition and adequacy of my equipment, and the protection of my private property.
3. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless Carroll University, the Meet Directors and Officials, the United States Olympic Committee, USA Track & Field, Inc., its Associations and Sport Disciplines, Sponsors, Advertisers, Coaches, Team Managers and Officials; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs, defense costs and reasonable attorney fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties, including with respect to the provision of information regarding rules and scheduling. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.
4. In the event that I am injured in connection with the Event, I hereby consent to the provision of necessary and appropriate emergency medical treatment.
5. As a condition of my participation in the Event, I hereby grant USA Track & Field, Inc., the Wisconsin USATF Association, the Meet Directors, any Meet sponsor and Carroll University a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), 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 Event, USATF or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent and I certify that the birth date and age information provided and confirmed as part of the entry process is true and accurate.

6. I certify that I have read and understand the USATF [privacy statement](#) and [terms of use](#) and agree to their terms and conditions.

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I wish to order a T-Shirt with the competition logo (add \$2 for XXL shirts):

Short Sleeve : (S) (M) (L) (XL) \_\_\_\_\_ x \$10 (\_\_\_\_\_ \$12 FOR XXL) each= \$\_\_\_\_\_

Long Sleeve: (S) (M) (L) (XL) \_\_\_\_\_ x \$15(\_\_\_\_\_ \$17 FOR XXL) each= \$\_\_\_\_\_

Events Being Entered: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Total entry fee paid: \$\_\_\_\_\_

Name(Printed)\_\_\_\_\_

(Signature)

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USATF Registration Number:\_\_\_\_\_ Age Group:\_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: Male\_\_\_\_ Female\_\_\_\_\_

Address:\_\_\_\_\_

Phone Number:\_\_\_\_\_ EmergencyContact:\_\_\_\_\_

**Make out checks to and Mail to: Stephen B. Cohen, Midwest Region Coordinator, 2431  
The Strand, Northbrook, IL 60062**