



2017 USATF East Region Masters T&F Championships

Hosted by Howard Community College

Sat. – Sun., June 24-25, 2017 – Howard Community College, Columbia, Maryland



Track Events (tentative schedule)

	Saturday
Pentathlon (Men)	9:00 am
Pentathlon (Women)	10:00 am
	11:00 am
	1:45 pm
	Followed by
	Followed by
5000m Race Walk (M/W, all ages)	4:30 pm
5000m (M/W, all ages)	5:30 pm

Sunday

4x400m Relay (M/W)	9:45 am
80 m Hurdles (W40+; M70+)	10:00 am
100 m Hurdles (M50-69; W19-39)	10:15 am
110m Hurdles (M19-49)	10:30 am
100m (M/W, Final or 1 st round as needed)	11:00 am
2000m Steeplechase (W; M60+)	11:30 am
3000m Steeplechase (M19-59)	12:00 pm
100m (M/W, Final, if 1 st round needed)	12:30 pm
1500m (M/W, Final)	1:00 pm
400m (M/W)	1:30 pm
Long Hurdles (M/W)	2:00 pm
200m (M/W)	2:30 pm
800m (M/W)	3:15 pm
	3:30 pm
4x100m Relay (M/W)	3:45 pm

Field Events (tentative schedule)

Hammer (W) Weight and Super Weight to follow
Hammer (M70+) Weight and Super Weight to follow
Hammer (M60-69) Weight and Super Weight to follow
Hammer (M50-59) Weight and Super Weight to follow
Hammer (M19-49) Weight and Super Weight to follow
High Jump (W); Long Jump (Women followed by Men)
Discus (W); Shot Put (M70+); Javelin (M60-69)
Shot Put (M60-69); Javelin (W); Discus (M70+)
Pole Vault (W); High Jump (M)
Javelin (M70+); Discus (M60-69); Shot Put (W)
Pole Vault (M)
Triple Jump (Women followed by Men)
Javelin (M19-49); Shot Put (M50-59)
Discus (M19-49); Javelin (M50-59)
Shot Put (M19-49); Discus (M50-59)

Eligibility:

Competition is open to all men and women 19 years of age and older. Age on **June 24, 2017** 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 2017 USATF membership through your local Association or online at 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 birth date will be required from all competitors. A photocopy of your passport or birth certificate **MUST** be sent with your entry form to assure eligibility, unless your DOB is already "verified" on your USATF membership card.

Age Divisions:

Individual competition will be held in age divisions of 5-year increments starting at age 30. Relays will be contested in 10-year age groups.

Entry Fees/Deadlines:

\$30.00 for first event (\$35 mail-in); \$40 for the Pentathlon (\$45 mail-in); \$10.00 for each additional event. \$5.00 East Region Fee is mandatory and is included; all mail-in entries must be postmarked by June 15, 2017. The on-time on-line deadline is 11:59 pm EDT on June 17, 2017. Late entries will be accepted (on-line only) until 11:59 pm on June 22, 2017. There is a \$10 late fee. Relay fees will be collected the day of race only. Make checks payable to **Howard Community College**

Rules:

2017 USATF Rules of Competition will be used to run this championship meet - <http://www.usatf.org/About/Competition-Rules.aspx>; 6 attempts in throwing events and horizontal jumps

Throwing Implements:

Meet Implements will be provided for ALL throwing events; personal implements may be used; all implements will be weighted and measured prior to the competition.

Surfaces:

The track is a 400m, 8-lane Beynom 1000 surface; javelin runway as well as jump runways and aprons are the same; only ¼" spikes permitted.

Awards:

Regional Championship medals will be awarded for the first three places in each event; East Region Championship Patches awarded to all East Region competitors winning an event (one patch per athlete). Guest competitors from outside the East Region will be awarded duplicate medals but will not displace East Region competitors. **East Region Team trophies will be awarded to the top two scoring teams from the East Region.**



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Completed paper entry form must be postmarked on or before June 15, 2017. Mail form to:

Jerry Bookin-Weiner
5678 Thicket Lane
Columbia MD 21044

On-time On-line entry deadline: June 17, 2017, 11:59 pm EDT
Late On-line entry deadline: June 22, 2017, 11:59 pm EDT
On-line entry link:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=110320>

Name _____ Age (on 6/24/17) _____ Birth date _____ Male/Female _____

Address _____ Phone _____

City/State/ZIP _____ 2017 USATF No. _____

Club Affiliation _____ Email _____

EVENT ENTRY

Event (Best Mark '16-'17)

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

Entry Fees (checks payable to Howard Community College)

First Event (\$35; \$45 for Pentathlon) _____

Additional Events _____ @ \$10 each _____

Relays @ \$5 per team member (10 year age groups) _____

TOTAL \$ _____

If I have a disability for which I am requesting an accommodation. All requests for accommodations must be received six weeks prior to the date of competition. Visit www.usatf.org/about/legal/policies/ADA.asp for USATF's ADA policy.

Waiver (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 Howard Community College, USATF, USATF Potomac Valley, Howard County, Maryland and any and all sponsors and individuals involved with the presentation and conduct of this meet. 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 _____