



USA Track & Field



2011 Illinois USATF Association Masters and Open Indoor Track & Field Championships

Saturday, February 19, 2011
Westwood Indoor Track Facility, Sterling, Illinois
“One of the Finest Indoor Track and Field Facilities in the Midwest”

Fees: Entry fee is \$20.00 for the first individual event and \$5.00 for each additional event an athlete enters. No entry fee will be transferred or refunded after January 31, 2010. 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. Relay participants will be charged \$5.00 each to participate in a Relay.

Send entry fees payable to Barb Lauff, MEET DIRECTOR and mail to 1301 E. LeFevre Rd., Sterling, IL. 61081

Eligibility:

This meet is open to all **Masters (including Sub-Masters 30-34) and Open athletes (19-29) who are 2011 USATF registered athletes.** There may also be a Collegiate Meet and special Sterling Park District youth events mixed into the program to provide appropriate rest time for Masters and Open USATF athletes. USATF memberships can be obtained through your Association Membership Chair (www.usatf.org/associations) or online (www.usatf.org/membership). **Non USATF cardholders are ineligible to participate in this the Illinois Association Open and Masters championship 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 form and fees must be postmarked by February 1, 2011. After February 1, 2011, a \$10.00 late fee will be charged and no entries will be accepted after 10:00 AM on February 19, 2011. Entries sent by fax to Barb Lauff @ 815-622-4173 on or before 2/1/2010 and the fee received before 2/4/2010 will not be charged a late fee.

Check-In Requirements: Numbers will be provided at the Registration Table for all athletes. Be sure to bring birth certificates and USATF membership cards when you pick up packets. **An admission Charge of \$3.00 for adults and \$1.00 for children 12 and under will be collected by the Sterling Track Club at the gate to help defray the cost of running the competition. It is anticipated that any profits from the competition will be deposited with USATF Illinois in a special Masters account.**

Awards: Individual USATF event awards will be awarded to participants who finish 1st - 3th place in each individual Association Championship event. There will be no prizes for the Relay participants.

Officials: Anyone desiring to officiate at this meet is encouraged to contact the Illinois USATF Association, Stephen B. Cohen at lawsbc@aol.com or Barb Lauff at lauffline@comcast.net

Facility: The indoor track facility at Westwood is a SportTan six lane, 200 M oval with an eight lane, straight-away. Field event venues include dual runways for the horizontal jumps and the pole vault. There are multiple throwing rings and an indoor throwing cage. **No pin spikes are allowed. Athletes may only use**

Flats or one-quarter (1/4) inch pyramid spikes. Some Parking to close to the entrance of the complex may 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.** Full concessions and showers are available on site. Bring your own locks for lockers.

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: Whiteside County Airport (Rock Falls, IL), Twin Cities, Rockford and O'Hare Airports service the Sterling, IL area.

Directions to Westwood Sports Center:

From the East: Take I-88 West to Illinois 40 (Exit 41). Turn right onto Illinois 40 into Rock Falls. Follow IL-40 through Rock Falls and go over the Rock River bridge into Sterling. Once in Sterling, IL-40 turns into 1st Avenue (don't curve left, keep straight). Follow 1st Avenue until you reach a "T" intersection. CGH Hospital will be directly in front of you. Take a left; this is LeFevre Rd. Follow LeFevre Road about 2 miles. Westwood Sports Center will be on your right; turn onto Westwood Drive.

From the North: Take I-39 south to I-88 West to Illinois 40 north (Exit 41).

From the Southwest: Take I-74 west to I-88 East to Illinois 40 north (Exit 41).

From the West: Take I-80 East to I-88 East to Illinois 40 north (Exit 41).

Hotel Information:

Country Inns and Suites	Holiday Inn
2106 1 st Avenue, Rock Falls, IL	2105 1 st Avenue, Rock Falls, IL
(815) 625-3200	(815) 626-5500

Both hotels are just off I-88 at Exit 41. There is also a Super 8 at Exit 41.

Event Schedule

Running Events	Field Events
10:00 am RACE WALK (3000 Meters)	10:00 am Weight throw (M & W) Pole Vault (M & W)
10:30 am 3000 Meter Run (Men and Women)	11:00 am Long Jump (M & W) High Jump (M & W)
11:00 am	Shot Put (Men & Women)
55 METER HURDLES 400 Meter Dash 55M/60M Dash (prelims) 800 METER RUN 55 METER Dash (Finals) 55 Meter Dash Final (Collegiate) 4 x 200 Meter Relay 800 Meter Run (Collegiate) 200 Meter Dash 1 Mile Run 4 X 400 RELAY	Followed By: Triple Jump (M & W) Superweight (M & W)*
	<small>*The superweight may be conducted outdoors. The place will be announced at the competition.</small>

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/maximum of 12 in a Flight).

2011 USATF ILLINOIS MASTERS AND OPEN INDOOR TRACK AND FIELD CHAMPIONSHIPS 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 USATF Illinois Masters and Open Indoor 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; (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 The Sterling (Illinois) Park District, the Sterling Track Club, the Meet Directors and Officials, 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 attorneys 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 Illinois USATF Association, the Meet Directors, any Meet sponsor and The Sterling(Illinois) Park District and the Sterling Track Club 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. This 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.

Events Being Entered: (1) _____ Best Time/Distance _____ (2) _____
 BT/D _____ (3) _____ BT/D _____ (4) _____ BT/D _____ (5) _____
 BT/D _____ (6) _____ BT/D _____ (7) _____ BT/D _____

Total entry fee paid: \$ _____

Name(Printed) _____

(Signature) _____

USATF Registration Number: _____ **Age Group:** _____

Date of Birth: ___/___/___ **Gender:** Male___ Female___

Address: _____

Phone Number: _____ **Emergency Contact:** _____

Send completed entry forms and entry fees to: Barb Lauff, Meet Director, 1301 E. LeFevre Rd., Sterling, Illinois 61081 (lauffline@comcast.net)