2016 Mid-America Region Masters Championships, Colorado Assoc. Masters & Open Championships & Rocky Mountain Masters Games

Colorado State University, Ft. Collins, CO

August 27 & 28, 2016 (1 week before Labor Day weekend)

Sanctioned by USATF; Sponsored by Colorado Masters Track & Field Club

Schedule of Events

Saturday, August 27

8:00	Hammer, 19-69 men
	Shot Put, women & 70+ men
	Pentathlon (long jump first)
8:15	3K Race Walk
8:45	3K Run on track
9:00	Shot Put, 19-69 men
	Hammer, women & 70+ men
10:00	Discus, 19-69 men
11:30	Discus, women & 70+ men
12:00	Javelin, 19-69 men
2:00	Javelin, women & 70+ men
	Weight Throw, ALL (first flight)
	Super Weight, ALL, after Wt. Throw
5:30	Colorado Masters Meeting & Dinner*: participants, officials, family & friends invited
	*Ask at the registration table for the meeting/dinner location

Sunday, August 28

8:30	Mile Run (5280 feet!)
	Throws Pentathlon
8:45	Open Pole Vault (start below 10')
9:00	80m High Hurdles
	100m High Hurdles
	110m High Hurdles
9:30	High Jump (starting at low height)
9:45	100m
10:00	Long Jump
10:45	800m
11:00	Masters Pole Vault (start at 5')
11:15	50m
11:45	Predict Time Fun Mile
12:30	200m
1:00	Triple Jump
	Open Pole Vault (start at 10')
1:30	300m Intermediate Hurdles
	400m Intermediate Hurdles
1:45	400m
	4x100m Relay
	4x100m Mixed Fun Relay
	100m handicapped by age & sex

Age Groups**

Masters, 5 year age groups:
35 - 39, 40 - 44, 45 - 49, etc.
Submasters:
19 - 29, 30 - 34
**Age as of first day of meet

Awards: Places 1-3 in each event receive medals. First 3 medals per person are free; additional medals are $4 each.

Entry Deadline: Pre-registration is preferred and required for hurdles. Registration day of meet is allowed except for hurdles.

Registration (please write legibly!)

Circle Events Entered

Track events:

50m	100m	200m
400m	800m	mile
3000m	3K Race Walk	80m HH
100m HH	110m HH	300m IH
400m IH		

Field events:

High Jump	Pole Vault	Long Jump
Triple Jump	Shot Put	Discus
Pentathlon	Throws Pent.	Wt. Throw
Javelin	Hammer	Super Weight

If both the regular pentathlon and open throwing events are entered on Saturday, only a total of six throws will be permitted. The first three throws count for the pentathlon; all six count for the open javelin and discus.

Cost:

Entry fee & first event $__25.00___

No. of additional events

____ x $5 = $_____

Event Total: $_____

USATF Surcharge - Mid-America Region Masters. 35 or older, add $___(5.00)___

Rocky Mountain Masters Games T-shirts are $15 (circle size): $_____

SM MED LG XL XXL

Tax deductible donation $_____

GRAND TOTAL: $_____

Pole vault only non-Masters total fee is $15

Make checks payable to "CMTFC"

(Cash okay at the meet; no credit cards, please)

( ) I have a disability for which I am requesting an accommodation. (Visit www.usatf.org/about/legal/policies/ADA.asap.)

My Americans With Disabilities Act accommodation request is:

Name:

Address:

City:

State: **ZIP:**

Phone:

Email:

Sex: **Age:**

Birthdate:

USATF 2016#:

To compete in the Rocky Mountain Masters Games, I do, for myself, my heirs, and my administrators, waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue to me or my heirs against Colorado USA Track and Field, the sponsors, officers, and agents thereof. I certify that I am in good physical condition and recognize that this meet will be held at high altitude (~5000 ft.) and that the weather conditions can vary from very hot to very cold in short periods of time.

Signed:

Date:

Contacts
Jim Weed, 303-520-3088
rockymtnmastersgames@msn.com
Jerry & Christel Donley
719-635-1264
Throws & Implements:
Tim Edwards, 303-724-0606
tedwa851@gmail.com

Mail registration and check to:
Colorado Masters Track & Field Club
c/o Jim Weed
2203 E. 149th Ave., Thornton, CO 80602

Results will be posted soon after meet at "www.coloradomasterstrackandfield.club"
This is the CMTFC home page.