

2017 Colorado Association & Mid-America Region Masters & Open Indoor Track & Field Championships

US Air Force Academy Indoor Track, Colorado Springs

Sunday, February 5, 2017

Sanctioned by USA Track & Field

Schedule of Events

Field Events

9:00 Open pole vault (start @ 5')*
Shot Put, followed by
Weight Throw, followed by
Super Weight Throw

10:00 Long Jump

11:00 High Jump

Masters pole vault (start @ 5')

11:30 Triple Jump

1:00 Open pole vault (start @ 9'6")*

Track Events

10:00 3000m racewalk

10:45 60m Hurdles

11:15 800m Run

11:45 60m Dash

12:30 1500m Run

1:15 200m Dash

1:45 3000m Run

2:15 400m Run

4 X 1 lap relay (4 X ~250m) after 400m Run

*Pole vault warm-up 1 hr. before event

This schedule is tentative. It will be followed as closely as possible, but, depending on entries, the meet may run faster or slower than planned. If so, the scheduling will be advanced or delayed. Athletes and coaches should listen to the public address system announcements to assure that competitors are ready for their events.

Age Groups*

Masters, 5 year age groups:
35 - 39, 40 - 44, 45 - 49, etc.

Open & Sub-masters:
14 - 29, 30 - 34

*Age as of day of meet

Awards: Places 1-3 in each event receive Mid-America Region medals.

Entry Deadline: Pre-registration is preferred. However, registration on the day of the meet is acceptable, but **no hurdles entries day-of-meet.**

Contacts

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Sue Norton, 720-352-3559

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Jerry & Christel Donley
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Throws & Implements:

Tim Edwards, 303-724-0606
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Registration !!please print legibly!!

Circle Events Entered Below:

Field events

High Jump	Pole Vault	Long Jump
Triple Jump	Shot Put	Wt. Throw
Super Wt. Throw		

Track events

60m	200m	400m
800m	1500m	3000m
3k Race Walk	60m HH	4x1 lap Relay

Cost

Entry fee and first event \$ 30.00

No. of additional events ____ x \$5 \$ _____

Event Total \$ _____

Mid-America Region surcharge age 35+ is \$5 (Masters Committee approved) \$ 5.00

Tax deductible donation \$ _____

GRAND TOTAL \$ _____

Pole vault only non-masters fee is \$20

Make checks payable to
"CMTFC"

Cash is okay at the meet, but 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 2017#:

I recognize the risks in a competition of this sort, which include being held at high altitude (~7000 feet), with dry air. I state that I am in the physical condition needed to compete in the events entered, and recognize that the events in which I plan to compete require strenuous physical effort. I release and discharge all claims for injury and damages which I may claim and arising out of my competing in this meet against USATF, Colorado Association USATF, Colorado Masters Track & Field Club, the USAFA and its related departments, their agents, servants and employees. This release is binding on my heirs, executors and assigns.

Signed:

Date:

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