

# 2018 Colorado Association & Mid-America Region Masters & Open Indoor Track & Field Championships

US Air Force Academy Indoor Track, Colorado Springs

Sunday, February 18, 2018

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

Jim Weed, 303-520-3088  
rockymtnmastersgames@msn.com

Sue Norton, 720-352-3559  
suenorton@indra.com

Jerry & Christel Donley  
719-635-1264

### Throws & Implements:

Tim Edwards, 303-724-0606  
tedwa851@gmail.com

## 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 \$ 35.00

No. of additional events \_\_\_\_ x \$5 \$ \_\_\_\_\_

**Event Total Cost** \$ \_\_\_\_\_

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](http://www.usatf.org/about/legal/policies/ADA.asap).)

**My Americans With Disabilities Act accommodation request is:**

Name:

Address:

City:

State:

ZIP:

Phone:

Email:

Gender:

Age:

Birthdate:

USATF 2018#:

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. 149<sup>th</sup> Ave.  
Thornton, CO 80602