

2019 Mid-America Region Masters & Open Championships

& Rocky Mountain Masters Games

Colorado State University, Ft. Collins, CO

August 24 & 25, 2019 (1 week before Labor Day weekend)

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

Schedule of Events

Saturday, August 24

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 after Wt. Throw

5:30 Colorado Masters Meeting & Dinner*: participants, officials, family & friends are invited
***Ask at the registration table for the meeting/dinner location**

Sunday, August 25

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 (start 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, with no limit on the number of medals a competitor can earn.

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
Javelin	Hammer	Wt. Throw
Super Weight	Throws Pent.	Pentathlon

In the open throwing events on Saturday, a total of six throws may be taken in each event. In the weight pentathlon, three throws are allowed with each implement.

Cost:

Entry fee & first event \$ 25.00

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

Event Total: \$ _____

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: _____

Gender: _____ Age: _____

Birthdate: _____

USATF 2019#: _____

To compete in these events (the Mid-America Championships and 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, 720-397-1826
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.