



**USATF EAST REGION AND
NEW ENGLAND ASSOCIATION
MASTERS TRACK AND FIELD CHAMPIONSHIPS**

College of the Holy Cross, Worcester MA
Saturday, July 7, 2018

Open to all men and women 30 years of age and older. Individuals compete in five-year age groups, relays in 10-year age groups. Several events are open to all ages, not just masters (see schedule). Meet will be run in accordance with USATF Competition Rules and Regulations. A 2018 USATF membership is required for all US residents. Membership may be obtained on-line at www.usatf.org for \$30. Membership is calendar year.

SPECIAL OPEN EVENTS –Steeplechase, 400 Hurdles, Race Walk – See entry process

ENTRY PROCESS – MAILED-IN ENTRY MUST BE RECEIVED BY 12:00 NOON, THURSDAY, JULY 5

The entry fee is \$20 for the first event and \$10 for each additional event, for entries received by July 5

**THE FOLLOWING EVENTS MUST PRE-ENTER - ALL HURDLES, STEEPLECHASE, HAMMER, WEIGHT, POLE VAULT
THERE WILL BE 27” HURDLES**

ONLINE ENTRY: Closes THURSDAY, July 5, 9:00 a.m.

MEET DAY ENTRY: A late fee of \$20 per entrant will be charged. There is no relay entry fee if all members are entered in other events

Day of event entry for all events closes at 10 a.m.

AWARDS - Medals to the top three places in each age group of each event final.

PERFORMANCE AWARDS- \$100 TO TOP AGE GRADED PERFORMANCE, MALE AND FEMALE IN BOTH TRACK AND FIELD EVENTS

COMPETITION ORDER – TRACK EVENTS

Women followed by men, oldest to youngest. ** See Hurdles exceptions.** Age groups may be combined to fill sections. Track events take precedence. Please plan and enter events accordingly. (schedule on reverse of this page).

Field Events – Throws and horizontal jumps – Three trials attempts, with eight advancing to finals.

Opening height in pole vault is approximately 6 feet due to facility limitations. Field event athletes must compete with their age groups

RESULTS - FinishLynx Automatic Timing -

MORE INFORMATION: Updated Information and results will be available on-line at <http://www.newengland.usatf.org>

MEET INFORMATION

USA Track & Field - New England 617-566-7600 office@usatfne.org
Entries must be accompanied by entry fees. Checks payable to USATF-NE

MAIL TO: New England Masters Championships, USATF-New England, P.O. Box 1905, Brookline, MA 02446

2018 USATF NEW ENGLAND MASTERS TRACK & FIELD CHAMPIONSHIPS ----- **ENTRY FORM**

First Name _____ Last Name _____ Male/Female ____

Address _____ City/State _____ ZIP _____

Telephone _____ E-mail _____ Club/Affiliation _____

Date of Birth _____ Age on 7/7/18 ____ 2018 USATF number _____

Event _____ Best Recent Performance _____ **Fee - \$20 first event, \$10 each additional**

1. _____

2. _____

3. _____

4. _____

(Additional Fee for late registration received after July 5 at 9 am, and on day of meet: \$20 per entrant) _____

Total Entry Fees: \$ _____

All fees must be paid prior to the meet. Faxed entries will be charged late fee. USA checks / funds only

WAIVER AND RELEASE: In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-New England, its employees, agents, officers, the College of the Holy Cross, sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well-being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable.

SIGNATURE: _____ DATE: _____

SATURDAY, JULY 7, 2018

TRACK SCHEDULE

9:15 5000 meters (M&W)

10:00 80/100/110 meter hurdles
Order posted on race day
May combine like hts/distances
27" Hurdles ARE available

10:50 a.m. 100 meters
Finals(Trials only if necessary)

11:30 2000m Steeplechase
W and M60+
3000m Steeplechase
M 30-59

11:55 100 finals if needed

12:00 1500 meters

12:30 400 meters (finals on time)

1:00 400/300/200m hurdles
In the above order **M then W**
Open heat run first

1:30 800 meters

1:45 200 meters

2:25 4 x 100 meter relay
To follow 4 x 800 meter relay
To follow 4 x 400 meter relay

Relays will combine M/W/ages

3:00 5000 meter race walk (1 race)

Hurdles – we will have two flights of 27” hurdles. May NOT run hurdles higher than those listed in rulebook for an age

OPEN TRACK EVENTS
Racewalk, Steeplechase 400 hurdles are open to all ages - not just masters

Enter at meet only

JUMPS SCHEDULE

LJ-TJ – no runbacks allowed. Must use tape to measure marks.

Long Jump

10:30 Men 30-59

11:30 All Women AND Men 60 +

Triple Jump -

Follows Long Jump in same pit

1:30 M 30-59

To follow All Women AND all Men 60 +

High Jump

12:00 Men 30-59

1:30 Men 60 + and All Women

Pole Vault – Opening Ht – approx. 6 ft.

12:00 All Men and Women Jump Together

Note: Throws and Horizontal Jumps

- 3 trials/3 finals
- In the pole vault, numbers may dictate breaking into 2 competitions based on opening and expected final heights
- Only proper vault equipment will be used. Extenders will limit opening heights – approximately 6’ feet

THROWS SCHEDULE

NOTES: This is a tentative schedule Final throws schedule will be set on Thursday, July 5, 5pm

Warmup in circle is limited to 10 minutes per flight.
Do other warming up accordingly
Weight will immediately follow hammer in each age group
No throwers will be denied throws in case of doubling conflicts

Hammer / Weight

CIRCLE 1 9:30 Men 30-49
12:00 M50-59

Hammer / Weight

CIRCLE 2 9:30 All Women
11:30 Men 70+
To follow – M60-69

Discus

2:00 Men 30-49
CIRCLE 1 to follow Men 50-59

Discus

2:30 All Women
CIRCLE 2 3:30 Men 70+
To follow Men 60-69

Shot Put

10:00 Men 70+
11:00 Men 50-59
12:30 Men 30-49
1:30 All Women
To follow Men 60-69

Javelin

9:30 M 70+
10:30 All Women
12:00 Men 30-49
1:30 Men 50-59
Follows Men 60-69

The Superweight will not be contested at this meet

I-195 to College Ave, entrance to athletic facility on left..

Please park only in designated spaces

HOTELS

NO Meet Headquarters Hotel has been designated.

Numerous hotels are located just off of I-195 in Worcester and Auburn, about 15 minutes from the track

NO food and drink concessions at the meet.

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