



**The 2022 TOM KNATT ONE MILE WALK
and
USATF-NE INDOOR ONE MILE
RACE WALK CHAMPIONSHIP**

**SATURDAY, DECEMBER 10, 2022 10:45 a.m.
Johnson Athletic Center, M.I.T., Cambridge MA**

PRESENTED BY USATF – NEW ENGLAND IN COOPERATION WITH THE NEW ENGLAND WALKERS

ELIGIBILITY: Open to all age 14 and older on race day
Event is sanctioned by USA Track & Field
USATF Membership required
USATF membership is available at usatf.org Joining now will be valid through 2023

FACILITY: The M.I.T. track is a flat 200 meter oval with Mondo surface.

SCHEDULE: Check in by 10:30 a.m. at the timer's table. Race at 10:45 a.m.
The race is held with the support of M.I.T. Track & Field as part of the Alumni meet. Be cautious during warm-ups and yield to M.I.T. athletes

ENTRY FEE: The entry fee is \$5 to cover cost of the USATF sanction.

AWARDS: USATF-NE Championship Medals to top three USATF male and female finishers
Other various merchandise awards from the race director's storage room

ENTRY PROCEDURE: Please send an email to office@usatfne.org with your intent to compete by Friday, December 9 at 12 noon.

**Entrants will receive the proper waiver form to complete and bring to the meet
No entrant may participate unless a properly filled out entry and signed Waiver of Liability and Assumption of Risk is signed!**

As the event will have a wide range of abilities, please be prepared to supply your own lap counter
If more than 14 enter, there may be 2 sections set up by performance level.

MORE INFORMATION or QUESTIONS – office@usatfne.org / 617-566 -7600
