



**USATF NEW ENGLAND
MASTERS INDOOR TRACK & FIELD
CHAMPIONSHIPS**

Providence Career and Technical Academy,
Providence RI
Sunday, January 30, 2022

Facility - Providence Career and Technical Academy, 91 Fricker St, Providence RI 02903
200 meter flat Mondo-like surface oval and runways. 1/4" pyramid spikes only – will be checked
NO spectators

The Masters meet is open to all USATF members age 30 & older. Individuals compete in 5-year age groups, relays in 10-year groups USATF Sanctioned. 2022 USATF membership required for all US residents prior to entry. Membership is obtained online

ENTRY – **ONLINE ENTRY PREFERED** - see link at newengland.usatf.org
ON-TIME ENRY DEADLINE for both online and mail-in entry is Thursday, January 27 at 11:59 pm.
THERE IS NO DAY OF EVENT ENTRY

FEES - **ON TIME** - \$25 for first event, \$10 for each additional event entry received by January 27
This is an entry fee, not a participation fee. Fees are not refunded / credited if meet is cancelled for any reason
RELAYS - There is no fee for Masters relays if all runners are already entered in the meet.

OPEN EVENTS – Several open events / youth relays are offered and can be entered online entry.
Contact office@usatfne.org for non-online entry info

AWARDS - MASTERS - MEDALS - top three places in each age group of each event final.
Awarded to placers regardless of Association / Region

COMPETITION DETAILS - Track events take precedence over field events. Plan and enter events accordingly
TRACK - Women then men, old to young. Age groups may be combined to fill sections. NO 27" HURDLES
FIELD – Throws and Horizontal jumps – Three trials attempts, six per age group advance to finals

MORE INFORMATION: Online entry, updated Information, and results are available at newengland.usatf.org
As a USATF Sanctioned event, the meet is subject to formal drug testing per USATF Rulebook Rule 144

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

2022 USATF NEW ENGLAND MASTERS TRACK & FIELD CHAMPIONSHIPS ONLINE ENTRY PREFERRED!

First Name _____ Last Name _____ Male/Female ____
Address _____ City _____ State ____ ZIP _____
Telephone _____ E-mail _____ Club _____

Date of Birth _____ Age on 1/30/22 _____ 2022 USATF number _____
Event _____ Best Recent Performance and date **Fee - \$25 first event, \$10/additional events**

- 1. _____ \$25.00
- 2. _____ (10.00)
- 3. _____ (10.00)
- 4. _____ (10.00)

ALL ENTRY CLOSSES ON JANUARY 27 – NO DAY OF EVENT ENTRY THIS YEAR

Fee due prior to meet and not refundable for any reason. Total Enclosed: \$ _____ **Checks to USATF NE**

ASSUMPTON OF RISK AND RELEASE: I understand that competing in track and field is a potentially dangerous activity and can result in severe injury or death. I attest that I am physically fit, am sufficiently trained, and am familiar with rules and necessary skills for each event I have entered. 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 city of Providence RI, sponsors, 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 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 for any reason including cancellation of event due to weather conditions.

SIGNATURE: _____ DATE: _____

**SUNDAY, JANUARY 30, 2022
NO MEET DAY ENTRY**

- SELECTED TRACK EVENTS ARE OPEN TO ALL AGES AS NOTED
- OPEN is age 14-29

TRACK SCHEDULE

10:00 a.m. **5000 m run** (25 min limit)
And **OPEN 5000 m**

10:30 a.m. **3000 m race walk**
And **OPEN walk** (25 min limit)

11:00 a.m. ****60 m hurdles** Timed finals
(there are NO 27" hurdles)
OPEN Hurdles

To Follow: **60 m**
Trials, if needed
Followed immediately by all finals

11:50 a.m. **3000 m run W/M**

12:30 p.m. **400 m**
OPEN 1000 meter age14+
1 Mile

1:45 p.m. **200 m**
800 m

2:45 p.m. **RELAYS**
Masters/OPEN 4 x 200 m relay
4 x 800 m relay
4 x 400 m relay
Masters may be combined with Open

Followed by
YOUTH Relays - 4x200 then 4x800
Contact office@usatfne.org for entry

*** NO 27" hurdles

Runners may NOT run hurdle heights which are not for their age group per the rule book (may not run higher hurdles)

**NUMBER PICK-UP - 9:00 a.m.
NO MEET DAY ENTRY**

JUMPS SCHEDULE

Long Jump
10:30 Men 30-59
Followed by Men 60 and over

12:00 All Women

Triple Jump -
1:00 All Men
Followed by All Women
Followed by **OPEN TJ**

High Jump
10:30 Men 30-59

12:00 Men 60 and over
and All Women

Pole Vault
10:30 a.m. All Masters M & W

Opening height in the pole vault is approximately 6' or based on facility equipment. Those unable to vault 6'0" should not enter.
1:00 p.m. **OPEN W & M PV**

Throws and Horizontal Jumps
- 3 trials / 3 finals for top 6 in each age group

THIS SCHEDULE AND ENTRY FORM ARE CURRENT AS OF DECEMBER 1, 2021

Times will be adjusted for events after 1:30 p.m. based on the number of participants. Final schedule will be announced online on Friday Jan 28

THROWS SCHEDULE

There are two throwing circles

Warm-up in circles is limited to 10 minutes for each group listed below (not each 5 year division). Please do any preliminary no-implement warm-up out of circles

Weight 9:30 a.m. All Women followed 10:30 a.m. Men 70+ immediately 11:30 p.m. Men 60-69 by 1:30 p.m. Men 50-59 Superweight to follow – M30-49 **(may combine w/50's)**

Super Weight
Immediately follows the respective weight throw (e.g., women's weight followed by women's super)

Women's and M70+ Superweight are on the infield in the shot put circle
10:30 a.m. Women Super Wt– all
11:30 a.m. M70 Super Wt - all
Athletes not observing stated safety procedures may be disqualified

Shot Put – Infield circle
9:30 a.m. Men 60-69
12:30 p.m. Women
1:30 p.m. Men 70+
To follow Men 30-49
To follow Men 50-59
(M50 may be combined w/30-49)

Times will be adjusted for events after 1:30 based on number of participants

Directions to Providence and Career and Technical High School 91 Fricker St, Providence RI 02903

From North - I-95 south to Exit 21 (Atwells Ave). Merge onto service Rd, Right on Broad, Right on Fricker
From South- I-95 north to Exit 16. Merge onto RI 10 North, 3.1 miles to Westminster St, Exit toward Olneyville Square.
Turn right at Westminster St, then immediate right on Winter which becomes Fricker.

Please park only in designated spaces !

HOTELS

Numerous hotels are located just off of I-95 in Providence, 5-15 minutes from the track

**ABSOLUTELY
NO FOOD OR DRINK
INSIDE THE TRACK AREA**

