



**USATF NEW ENGLAND and EAST REGION
MASTERS TRACK & FIELD
CHAMPIONSHIPS**
**Providence Career and Technical Academy,
Providence RI
Sunday, January 28, 2018**

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

The meet is open to all men and women 30 years of age & older. Individuals compete in five-year age groups, relays in 10-year groups
 USATF Sanctioned. 2017 USATF membership required for all US residents prior to entry. Membership may be obtained online

**ENTRY – ONLINE ENTRY PREFERRED - SEE WWW.NEWENGLAND.USATF.ORG
 BOTH ONLINE AND MAIL-IN ENTRY CLOSE ON WEDNESDAY, JANUARY 24 AT 11:59 PM.**

FEES - \$20 for first event, \$10 for each additional event for on-time entries received by January 24
 There is no longer an East Region Championship surcharge

LATE ENTRY - After January 24, a late entry fee of \$10 per athlete will be charged

NOTE - This is an entry fee, not a participation fee. Entry fees are not refunded or credited if meet is cancelled due to weather

RELAYS - There is no fee for any Masters relays

Day of event entry for masters ENDS AT 10:30 a.m. on Sunday 1/28 There is no admission fee for spectators

OPEN EVENTS – several open events are offered. Contact office@usatfne.org for a separate entry blank

AWARDS - MEDALS - top three places in each age group of each event final.

PERFORMANCE PRIZE MONEY –TOP MALE & FEMALE AGE GRADED MARKS, TRACK AND FIELD, EACH WIN **\$150 (4 TOTAL)**

OPEN TO ALL MASTERS REGARDLESS OF ASSOCIATION/REGION Prize money courtesy of USATF East Region Committee

THROWERS Jim Chamberas Memorial Award plaque to the overall outstanding thrower based on committee selection

TEAM SCORING – Trophies to top 2 clubs from the East Region, combined M/W scoring

COMPETITION DETAILS - Track events take precedence over field events. Plan and enter events accordingly

TRACK EVENTS - Women then men, old to young. Age groups may be combined to fill sections. NO 27" HURDLES

FIELD EVENTS – Throws and Horizontal jumps – Three trials attempts, six per age group advance to finals

MORE INFORMATION: Online entry, updated Information, and results will be available at <http://www.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 Entries must be accompanied by entry fees MAIL TO: New England Masters Championships, USATF-New England, P.O. Box 1905, Brookline, MA 02446	617-566-7600 Checks payable to USATF-NE	office@usatfne.org
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2018 USATF EAST REGIONAL AND NEW ENGLAND MASTERS TRACK & FIELD CHAMPIONSHIPS

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

Date of Birth _____ Age on 1/28/18 _____ 2018 USATF number _____
 Event _____ Best Recent Performance and date **Fee - \$20 first event, \$10/additional events**

- | | | |
|----------|-------|---------------|
| 1. _____ | _____ | \$20.00_____ |
| 2. _____ | _____ | _____ (10.00) |
| 3. _____ | _____ | _____ (10.00) |
| 4. _____ | _____ | _____ (10.00) |

LATE ENTRY CHARGE (After January 24 & day of meet): \$10

Checks payable to USATF New England

Fee due prior to meet and are not refundable for any reason. Total Fees Enclosed: \$ _____

ASSUMPTION OF RISK AND RELEASE: I understand that competing in track and field is a potentially dangerous activity and can result in severe injury. 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 28 2018

SELECTED EVENTS ARE OPEN TO ALL AGES AS NOTED

OPEN is age 14-29
Age 30+ **must** enter the championship

TRACK SCHEDULE

10:00 a.m. 5000 m run (27 min limit)
And OPEN 5000 m

10:30 a.m. 3000 m race walk
(27 minute limit) And OPEN walk

11:00 a.m.**60 m hurdles finals on time
(there are NO 27" hurdles)

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

11:45 a.m. 3000 m run

12:30 p.m. 400 m
OPEN 1000 meter age 14+
1 Mile

1:45 p.m. 200 m
800 m

To follow Masters/Open/Youth Relays
4 x 400 m relay
4 x 200 m relay
4 x 800 m relay

Masters Run First

RELAY entry available to open runners
YOUTH Relays - ONLY 4x200 & 4x800

OPEN RUNNERS / YOUTH CLUBS -
contact USATF-NE for entry form

*** Hurdles

– THERE ARE 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)

MEET DAY REGISTRATION
BEGINS at 9:00 a.m.

JUMPS SCHEDULE

Long Jump

10:30 All Women
Followed by Men 60 and over

11:45 Men 30-59

Triple Jump -

1:15 All Women
Followed by All Men

High Jump

10:30 Men 30-59

12:00 Men 60 and over
and All Women

Pole Vault

11:00 a.m. ALL

Opening height in the pole vault is
approximately 6' or based on facility
equipment. Only approved pole vault
mats and standards will be used. Those
unable to vault 6'0" should not enter.

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, 2017

Times will be adjusted for events after
1:30 p.m. based on the number of
participants

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 warm-up out of circles
accordingly

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

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

Athletes not observing posted safety
procedures may be disqualified

Women - all – 10:30 in the SP circle
M70+ - 11:30 in the SP circle

Shot Put 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

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

TOP THROWER AWARD

The Jim Chamberas Memorial Award
will be awarded to the overall
outstanding thrower based on
committee selection.

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

<p>HOTELS Numerous hotels are located just off of I-95 in Providence, 5- 15 minutes from the track</p>		<p>ABSOLUTELY NO FOOD OR DRINK INSIDE THE TRACK AREA</p>	