



2010 USATF-CT

Senior Indoor Track & Field Championship (ages 14 & Over)

**Sunday, March 21, 2010 - Sponsored by Yale Athletic Association/USATF-CT
Coxe Cage – Yale University
10:30 a.m. to 5:00 p.m.**

ORDER OF EVENTS

Check In Begins at 10:00 a.m.

Track Events Start at 1:00 p.m.

3000 meter run	Final	Men then Women
4 x 200m Relay	Final	Men then Women
1 Mile Race Walk	Final	Men & Women
*1500m Run	Final	Men then Women
*400m Dash	Final	Men then Women
800m Run	Final	Men then Women
*200m Dash	Final	Men then Women
4 x 400m relay	Final	Men then Women
60 m Hurdles	Finals	Men then Women
*60 m Dash	Finals	Men then Women

Field Events Starting at 10:30

*Weight Throw Men & Women
Followed by
*Shot Put Men & Women
Pole Vault Men & Women

Field Events Starting at 12:00

*Long Jump Men & Women
Followed by
Triple Jump Men & Women
High Jump Men & Women

****Featured master events 40-49, 50-59, etc., - athletes from all associations are invited to compete for medals in these events***

Timing: GrimesTimes

Sanction: The meet is sanctioned by USA Track & Field

Fee: **\$20.00 per athlete pre-registration (\$30.00 day of registration)** maximum of 4 events.
A valid 2010 USATF card is required of all athletes – available at the meet for \$29.95

Contact: Bill Mongovan, USATF/CT Track & Field Chairman
Phone 203/722-1276, 203/655-9937 gatewaytc@aol.com

Scoring: Only USATF/CT members will score - USATF members from other Associations are invited to compete, but will not score nor displace USAFT/CT athletes in final events – Scoring shall be 10-8-6-4-2-1

Awards: USATF medals to first three places – USATF/CT athletes only. Club prize money will be offered to the first place male & female clubs in the amount of \$150 – this applies to dues-paying 2010 USATF/CT clubs only! Relays are non-scoring events and medals will be awarded to first place only.

Eligibility: All Senior (also called Open) aged athletes (14 years old and older) are eligible to compete- there are no qualifying standards – Relays must represent a 2010 dues-paying USATF/CT club (dues \$50)



2010 USATF Connecticut Association
Senior Indoor Track & Field Championship

Sunday, March 21, 2010 - Coxe Cage - Yale University - New Haven, CT

Check-In begins at 10:00 a.m. - Throws & Pole Vault 10:30 - Long Jump & High Jump 12:00
Track Events begin at 1:00

Open (14-39) & Masters (40+) Entry Form

Pre-Entries must be postmarked by Saturday March 13, 2010.

NOTE: Athletes must still check in at the meet, even with pre-registration! Check in begins at 10:00 a.m.

Individuals: Only registered 2010 USATF members may compete. Obtain a membership in advance at http://www.usatf.org/membership. You may also Join USATF at the meet. Clubs may renew their membership @ http://www.usatf.org/membership.

Relay Teams: Only registered 2010 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership. Relay forms available at the meet.

ENTRY FEE: \$20 Pre-registration is encouraged (\$30.00 day of registration) - USATF Membership required. You may obtain your USATF membership online at http://www.usatf.org/membership. All Registration Forms must contain a 2010 USATF Membership Number. Register early!!

ENTRY LIMITS: Four events, including relays.

Mail Entry Form(s) and Entry Fee to: Checks payable to USATF-CT

Bob Fontaine
226 Guilds Hollow Rd
Bethlehem, CT 06751

USATF # _____ Club Affiliation _____
Name _____ Age _____ Sex _____
Phone Number (____) _____ E-Mail _____
Address _____
City _____ State _____ Zip _____ Birthdate _____

EVENTS (Maximum of Four including relays)

Table with 4 columns: EVENT 1, Entry Mark, EVENT 2, Entry Mark; EVENT 3, Entry Mark, EVENT 4, Entry Mark

- Masters athletes competing in the throws must use an implement appropriate for their age if they wish to be considered for awards. Team scoring is only in the open competition.

ALL COMPETITORS MUST COMPLETE WAIVER. WAIVER FOR ALL EVENTS: I know that participating in a track and field meet is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a meet official relative to my ability to safely compete in the meet. I assume all risks associated with participating in this USA Track & Field Connecticut Championship, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the conditions of the venue, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release USATF & USATF -CT, Yale University University, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the fore going to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that all entries are final with no refunds. The official meet director reserves the right in any event of emergency or local or national disaster to cancel the meet or to change the day and/or time to a later day and that in the event of cancellation or change there is no refund of entry fees.

DATE: _____ SIGNATURE: _____