



2010 USATF Connecticut Association Track & Field Championship

Saturday, June 19, 2010

Southern CT State University – New Haven, CT

Open-Masters/Junior Olympic Combined Competition

Check-In begins at 8:00 a.m.

Throwing Events 12:00 p.m. – Jumping Events 9:00 a.m. - Running Events 10:00 a.m.

Pole Vault Begins @ 10:00 a.m.

Be Advised that the pole vault will be indoors on a 127' runway

NOTE: Pre-entry is essential to running a quality competition

Pre-entry registration fee is \$20.00, post entry fee will be \$35.00 (Before 10:00 a.m. Please)

A 2010 USATF MEMBERSHIP NUMBER is required for registration

Entries must be postmarked by Saturday June 12, 2010

Age Divisions
Open
Masters (ages 35 & up) – specified events only (see below)
See separate Meet Information Sheet for Intermediate and Young Men/Women

Meet Director: (203) 722-1276 (203) 655-9937	Bill Mongovan, USATF-CT Youth Chair, Gateway Track Club gatewaytc@aol.com
Site Director: (203) 392-6814	James Barber, USATF-CT Membership, Masters T & F, New Haven Age Group Track Club, SCSU, jwbarber0917@sbcglobal.net
Timing:	GrimesTimes

Please read this information in its entirety.

Entry procedures have changed and athletes who do not comply will not compete.

Also, volunteers are needed for this meet – see information on p. 2.

ENTRY PROCESS:

On-site entries are discouraged and will be assessed a \$15.00 additional day of fee.

NOTE: Athletes must still check in before the meet, even with pre-registration!

All entries must be made using the official 2010 USATF entry form.

Download a USATF Individual Entry Form.

Mail Entry Form(s) and Entry Fee to:

Robert Fontaine 226 Guilds Hollow Rd. Bethlehem, CT 06751

Checks payable to USATF-CT

Individuals: Only registered 2010 USATF members may compete. Register in advance at

<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. For relay team entry, please follow the instructions on the official Relay Roster Form. Relay Entry Forms must be submitted for all relays.

ENTRY FEE: \$20 (\$35.00 Day of) – **USATF Membership required** (\$29.95). 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

AWARDS: USATF Association medals will be awarded to the top three individuals (CT Association members only) and Masters in designated events

IMPLEMENT WEIGH-IN: Note... all implements must be checked before they can be used. Look for the implement weigh-in area when you arrive at the meet.

MEET CHECK-IN: All athletes must check in before the meet begins to pick up their race packet and number and to confirm their intent to compete in each event for which they are registered. Event changes can be made up to 15 min. before the start of the meet. ATHLETES WHO DO NOT CHECK IN BEFORE THE MEET BEGINS WILL BE SCRATCHED FROM THEIR EVENTS.

EVENT CHECK-IN: Check-in for Running Events will take place in a designated area, TBA. Athletes will receive hip numbers at event check-in. Field Event athletes check in directly at the field area. Athletes must check in for their events when the event is called or they will be scratched from that event.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition and on the front of their jerseys only. Bib numbers will be distributed to athletes at Meet Check-in. Hip numbers for running events will be distributed during Event Check-in.

EVENT RESULTS: During competition, event results will be posted near the meet check-in area. In addition, event results will be posted at <http://www.usatf-ct.org>.

PROTESTS: There will be a \$25.00 fee for all protests. Protests must be submitted to the Protest Referee at once and not later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld.

OPEN/MASTERS SCHEDULE: Running Events 10:00 - Throwing Events 12:00 – Jumping Events 9:00
Running and Jumping Events Will follow each Junior Olympic Event.

Finals on time. Women followed by Men		Field Events: 4 throws/jumps	
		Shot *	M - W
4 X 100 Relay	W - M	Discus	W - M
100/110 Meter Hurdles	W - M	Javelin *	W - M
100m Dash finals	W - M	Hammer *	W - M
1500 Meters	W - M	Long Jump *	W - M
400m Dash*	W - M	High Jump	M - W
400m Hurdles	W - M	Triple Jump	M - W
800m Run*	W - M	Pole Vault Begins @ 10:00 a.m.	
200m Dash*	W - M	* Indicates special Masters events (40+) with individual awards	
3000m *	W-M combined		
5000m Race Walk	W-M combined		

NOTE: Out of association participants who are currently USATF members are welcome to compete but do not score or receive awards.

RULES – USATF Maximum Spike Length is ¼”, **no Christmas Tree or Needle spikes**

VOLUNTEERS: USATF-CT is requesting that clubs provide names of individuals who are willing to help with the meet. We will need people to help with registration, awards, posting results, staffing the check-in tents and start areas, and assisting with field events. Volunteer coordination will be handled at the site.

DIRECTIONS & PARKING: To download a map of the SCSU Campus, go to: <http://www.southernct.edu/aboutscsu/map/>. The SCSU Track & Field complex is off of Wintergreen Ave. at Jess Dow Field -- #33 on the campus map.

From New York (via I-95): I-95, Exit 44 (Kimberly Avenue, Route 10). Turn right at the end of the exit onto Kimberly Avenue, then left at the stoplight onto Ella Grasso Boulevard, Route 10. Ella Grasso Boulevard ends at Crescent Street, near the south entrance of the campus.

From New York (via Rt. 15, Merritt-Wilbur Cross Parkway): Rt. 15, Merritt-Wilbur Cross Parkway, Exit 59 (Whalley Avenue). Head south on Whalley Avenue, turn left onto Fitch Street, which bisects the campus.

From New London: I-95, Exit 45 (Ella Grasso Boulevard, Route 10). Follow Ella Grasso Boulevard north. Ella Grasso Boulevard ends at Crescent Street, near the south entrance of the campus.

From Hartford:

Wilbur Cross Parkway, Exit 60 at Dixwell Avenue. Head south on Dixwell Avenue to Arch Street. Turn right at Arch Street and left at Fitch Street, which bisects the campus.



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Open-Masters Entry Form

ON-SITE ENTRIES CARRY A \$15.00 ADDED FEE THIS YEAR. (Before 10:00 a.m. please)
ALL ATHLETES are Encouraged to PRE-REGISTER WITH A USATF MEMBERSHIP NUMBER.
Entries must be postmarked by Saturday, June 12, 2010.

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Individuals: Only registered 2010 USATF members may compete. Register in advance at <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-Entry, \$35.00 day of registration. **USATF Membership required** (\$29.95). 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:

Bob Fontaine 226 Guilds Hollow Rd. Bethlehem, CT 06751

Checks payable to USATF-CT

USATF # _____ Club Affiliation _____

Name _____ Age _____ Sex _____

Phone Number (____) _____ E-Mail _____

Address _____

City _____ State _____ Zip _____ Birthdate _____

EVENTS (Maximum of Four including relays) Relay Entry Cards will be provided at check in.

EVENT 1	Entry Mark	EVENT 2	Entry Mark
EVENT 3	Entry Mark	EVENT 4	Entry Mark

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, Southern Connecticut State 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:** _____

VOLUNTEERS: The meet takes many volunteers to run smoothly. If you are coming to the meet with anyone who wishes to lend us a hand, please list their names and phone number below. No meet experience necessary.

Name and preferred assignment _____