

USATF Masters 8K Cross Country
Championships and
USATF-NE Cross Country Championships
Franklin Park
Sunday, November 7, 2004

Last Name _____

First Name _____

Address _____

City _____

State ____ Zip _____ Country (if not USA) _____

Male/Female ____ Citizenship (if not USA) _____

Date of Birth _____ Age (as of 11/7/04) _____

Telephone _____

Club _____

USATF Membership # _____

(2004 or 2005 USATF membership is required!)

Email _____

Event entered, please check one:

- 8K Men's / Women's Masters National and New England Championship**
- 6K Women's Open N.E. Championship**
- 10K Men's Open N.E. Championship**

Entry Forms must be submitted with an entry fee. Faxed entries will be charged a late fee.

Assumption of Risk: I recognize that cross country running is a potentially hazardous activity. In exchange for acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release any rights and claims for damages I may have against USATF, USATF-New England, the City of Boston, and any and all sponsors and individuals involved with the presentation and conduct of the USATF National Masters 8K and New England Cross Country Championships. I hereby attest that I have full knowledge of the risk involved in running in this race, and I am physically fit and sufficiently trained to participate in this race. No one may run with a dog, nor may any runner wear headphones.

Signature: _____

Date: _____

**USA TRACK & FIELD MASTERS 8K
CROSS COUNTRY CHAMPIONSHIPS
&
USATF-NEW ENGLAND
CROSS COUNTRY CHAMPIONSHIPS**

**Sunday, November 7, 2004
Franklin Park, Boston**

STARTING TIMES

- 10:00 a.m. 8K – USA and New England Men's and Women's Masters Championships
- 11:15 a.m. 6K – New England Women's Open Championship
- 11:45 a.m. 10K – New England Men's Open Championship

ENTRY AND ENTRY FEES

The entry fee is \$15.00 for all entries received by **Monday, November 1, 2004.**

The entry fee is \$25.00 for forms postmarked and/or received after November 1st.

Day-of-event entries will be accepted up to one hour before each particular race.

Masters team declarations must be submitted by Friday, November 5th, 5:00 p.m. (via fax), or until 9:00 a.m. on race day. Team members must submit individual entries.

First 400 entrants will receive a gift.

USATF MEMBERSHIP

A 2004 or 2005 USATF membership is required for all US residents and card must be shown at number pick-up. Membership may be obtained on-line at www.usatf.org or on-site at the meet for \$20.

Make checks payable to
USATF-New England

Mail entry form with entry fee to
USATF-New England
P.O. Box 1905, Brookline, MA 02446

Telephone: 617-566-7600, Fax: 617-734-6322
office@usatfne.org

www.usatfne.org

**NATIONAL MASTERS 8K
CHAMPIONSHIPS**

ELIGIBILITY

Competition is open to all men and women 40 years of age and older. Proof of age must be presented upon request. Resident aliens (green card holders) are eligible for individual and team competition and may win USATF awards. Non-US citizens may participate as individuals only, however, are not eligible for USATF awards. The meet will be run in accordance with USATF Competition Rules and Regulations.

TEAMS AND TEAM DECLARATIONS

Only USATF Association clubs are eligible to compete for team titles.

Team declarations must be submitted by mail or via fax (617-734-6322) until Friday, November 5th at 5:00 p.m. or on race day until 9:00 a.m. All team members must submit an individual entry. A runner may only be declared on one team. Clubs may submit A, B and C teams.

For a team declaration form call 617-566-7600 or check www.usatfne.org.

TEAM SCORING

Team scoring shall be by the aggregate time of the scoring members. The team with the lowest aggregate time is the team winner. Ties between two or more teams shall be resolved by determining which team's last scoring member finished nearest to first place.

Men 40+ and 50+: top 5 finishers score, up to 8 members may be declared

Men 60+ and 70+: top 3 finishers score, up to 5 members may be declared

All women's teams: top 3 finishers score, up to 5 members may be declared

USATF AWARDS

The top 3 athletes in each five-year age group will receive National Championship medals. The scoring members of the top three teams in each ten-year age group will receive a medal.

MASTERS TEAM PRIZE MONEY

National Masters Championship

	Men 40+	Women 40+
First Place	\$ 250	\$ 150
Second Place	\$ 150	\$ 100
Third Place	\$ 100	\$ 50
	Men 50+	Women 50+
First Place	\$ 200	\$ 125
Second Place	\$ 100	\$ 75
Third Place	\$ 75	\$ 50
	Men 60+	Women 60+
First Place	\$ 75	\$ 75

MASTERS INDIVIDUAL PRIZE MONEY

National Masters Championship individual prize money will be awarded on age graded results (using 50mile tables) to both men and women:

First Place	\$ 100
Second Place	\$ 75
Third Place	\$ 50

New England Masters Championship Teams

(New England clubs only)

	Men 40+	Women 40+
First Place	\$ 75	\$ 75
	Men 50+	Women 50+
First Place	\$ 50	\$ 50



NEW ENGLAND OPEN CHAMPIONSHIP AWARDS

Awards will be presented to New England Individual Members and Member Clubs only.

Individuals

New England Championship medals will be presented to the top three finishers in the Men's and Women's Open Divisions.

Teams

Plaques will be presented to the winning teams in the Men's and Women's Open divisions.

Team prize money will be presented to both the men's and women's teams as follows:

First - \$100; Second - \$75; Third - \$50

COURSE

Races start and finish at Playstead Field near White Stadium at the entrance to the Zoo. The Franklin Park course is 99% grass and dirt with excellent footing, a mix of field and road with rolling and hilly sections. The course offers excellent viewing opportunities for spectators.

COURSE INSPECTION

The course will be available for inspection from 2:00 to 4:00 p.m. on Saturday, November 6. The course closes at 4:00 p.m., and access to certain parts of the course may be limited due to course conditions.

ACCESS AND DIRECTIONS TO FRANKLIN PARK

Access to Franklin Park is free. Parking is restricted to designated areas, please observe the rangers' instructions.

From Boston: US Route 1 South to Route 203. Follow Route 203 for one mile to rotary, go 3/4 miles and follow signs to Franklin Park. The course is 3/4 miles on the left.

From North: Route 93 South to Exit 15 (Columbia Road). Follow 3 miles to Franklin Park.

From South: Route 93 North to Exit 11B (Route 203, Granite Avenue), bear right, follow Route 203 for 4 miles to rotary. Follow signs to Park/Zoo. Or, take US 1 North to Route 203.

From West: Mass. Turnpike to end, to Route 93 South to Exit 15; then follow directions from the north.

Subway: Orange Line to Forest Hills, then walk one mile.

HOTEL FOR MASTERS NATIONALS

For athletes coming in for the USA Masters National 8K, a limited number of hotel rooms have been blocked off for Saturday night at **the DoubleTree Club Boston Bayside**, about 3 miles from the course. The rate is \$119. Call 617 822 3600 and note the group as USA Track & Field.

Hotel space is at a premium in the fall in Boston. Runners driving in for the event may find it more convenient to stay west of the city. The office can recommend other hotels.



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Hosted and Organized by
USA Track & Field – New England