



**USATF NEW ENGLAND and EAST REGION
MASTERS TRACK & FIELD
CHAMPIONSHIPS**

Providence Career and Technical Academy,
Providence RI
Sunday, January 31, 2016

FACILITY - Providence Career and Technical Academy, 91 Fricker St, Providence RI 02903
200 meter flat Mondo surface oval. 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. 2016 USATF membership required for all US residents prior to entry. Membership may be obtained online

ENTRY – ONLINE ENTRY PREFERRED SEE WWW.USATFNE.ORG/TRACK
BOTH ONLINE AND MAIL-IN ENTRY CLOSE ON WEDNESDAY, JANUARY 27 AT 11:59 PM.

FEES - \$22 for first event, \$8 for each additional event for on-time entries received by January 27
Also required \$5 East Region Championship Fee

After January 27 a late fee of \$10 per athlete will be charged to all entries

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 enter on day of the meet. There is no fee for relays from a single club. All-star relay fee is \$10/relay

ALL day of event entry **ENDS AT 10:30 a.m. on Sunday 1/31** There is no fee for spectators

AWARDS: Medals to the top three places in each age group of each event final.

PRIZE MONEY –TOP MALE AND FEMALE AGE GRADED MARKS EARN \$250 (BEST) AND \$50 (SECOND BEST). OPEN TO ALL MASTERS

Prize money courtesy of USATF-NE and USATF East Region

TEAM SCORING – Clubs in the East Region, trophies to top 2 teams.

COMPETITION DETAILS - Track events take precedence over field events. Please 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.usatfne.org/track>

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

2016 USATF EAST REGIONAL AND NEW ENGLAND MASTERS TRACK & FIELD CHAMPIONSHIPS

First Name _____ Last Name _____ Male/Female ____
Address _____ City/State _____ ZIP _____
Telephone _____ E-mail _____ Club/Affiliation _____
Date of Birth _____ Age on 1/31/16 _____ 2016 USATF number _____
Event _____ Best Recent Performance and date _____ **Fee - \$22 first event,\$8/additional events**
1. _____ \$22.00 _____
2. _____ 8.00 _____
3. _____ 8.00 _____
(Add other entries on separate sheet) _____ \$5.00 EAST REGION FEE
(REQUIRED)

LATE ENTRY CHARGE (After January 27 & 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: _____

<p>SUNDAY, JANUARY 31, 2016</p> <p>SELECTED EVENTS ARE OPEN TO ALL AGES AS NOTED</p> <p>TRACK SCHEDULE 10:00 a.m. 5000 m run (25 min limit) And OPEN 5000 m 10:30 a.m. 3000 m race walk (25 minute limit) OPEN</p> <p>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</p> <p>11:45 a.m. 3000 m run And OPEN 3000 m</p> <p>12:30 p.m. 400 m OPEN 1000 meter Mile</p> <p>1:45 p.m. 200 m 800 m</p> <p>To follow 4 x 400 m relay 4 x 800 m relay</p> <p>Relays are open to all ages including open and youth runners</p> <p>OPEN RUNNERS must contact USATF-NE for separate entry form OPEN is for age 14-29 Age 30+ must enter the championship</p> <p>*** Hurdles – THERE ARE NO 27" hurdles Runners may NOT run hurdle heights which are not for their age group by the rule book (may not run higher hurdles)</p> <p>Games Committee: Jerry Bookin-Weiner, Mike Travers, Steve Vaitones</p>	<p>REGISTRATION BEGINS 9:00 a.m.</p> <p>JUMPS SCHEDULE</p> <p>Long Jump 10:30 All Women AND all Men 60 and over</p> <p>11:30 Men 30-59</p> <p>Triple Jump - 1:00 ALL JUMPERS Men AND Women</p> <p>High Jump 10:30 Men 30-59</p> <p>12:00 Men 60 and over and All Women</p> <p>Pole Vault 11:00 a.m. ALL Opening is approximately 6' or based on facility equipment. No non-approved pole vault mats or standards will be used. Those unable to vault 6'0" should not enter.</p> <p>Throws and Horizontal Jumps - 3 trials / 3 finals for top 6 in age group</p> <p>SCHEDULES AND ENTRY FORM AS OF NOVEMBER 15, 2015</p>	<p>Times will be adjusted for events after 2:00 p.m. based on the number of participants</p> <p>THROWS SCHEDULE</p> <p>There are two circles</p> <p>Warm-up in circles is limited to 10 minutes for each group listed below. Please do any preliminary warm-up out of circles accordingly</p> <p>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</p> <p>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 W - all – 10:30 in the SP circle M70+ - 11:30 in the SP circle</p> <p>Shot Put 9:30 a.m. Men 60-69 12:30 p.m. Women 1:30 Men 70+ 2:30 p.m. Men 30-49 To follow – M50-59</p> <p>Times will be adjusted for events after 2 p.m. based on number of participants</p> <p>THROWERS AWARD Jim Chamberas Memorial Award A plaque will be awarded to the overall outstanding thrower based on committee selection.</p>
---	--	--

Directions to Providence and Career High School

91 Fricker St, Providence RI 02903.

From North - Take I-95 south to Exit 21 (Atwells Ave). Merge onto service Rd, Right on Broad, Right on Fricker
From South- Take I-95 north to Exit 16. Merge onto RI Rt 10 North, 3.1 miles to Westminster St Exit toward Neyville 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>	