



MID-ATLANTIC USATF 2012 OPEN AND MASTERS INDOOR CHAMPIONSHIPS

Hosted by PHILADELPHIA MASTERS TRACK AND FIELD ASSOCIATION

Sunday, March 25, 2012

The meet is sanctioned by USATF for men and women in the Open (15-29 – **See Note 1**) and Masters (30+) categories with a 2012 USATF membership (available online at www.mausatf.org or at meet). We strongly recommend that athletes obtain their 2012 USATF membership well before the day of the meet. Athletes are expected to bring their USATF membership card or online confirmation to the meet. USATF membership applications will also be available at the meet (\$30).

FACILITY: University of Delaware, Delaware Field House, Newark, DE – **Fully Automatic Timing;** Eurotan track and runways; short spikes (¼" or less) or flats.

AWARDS: Medals to first three Mid-Atlantic finishers in each age/gender division (15-29, 30-and-older by 5-year age groups); duplicate awards to non-Mid-Atlantic members finishing in top three overall in their age/gender division.

DIRECTIONS: 621 South College Avenue, Newark, DE 19716 and <http://www.udel.edu/visitus/>

ENTRY FEES: (*ALL ATHLETES MUST BE USATF MEMBERS*)

PRE-ENTRY (POSTMARKED by Saturday, March 10, 2012): \$15 for first individual event;
\$10 each subsequent individual event

POST ENTRY (LATE postmarked mail and day-of-meet): \$25 for first individual event;
\$10 each subsequent individual event

RELAYS: Registration and payment will be day of meet only at \$20 per team.

ALL HURDLERS MUST PRE-REGISTER!!! (See Note 2)

SCHEDULE OF EVENTS: Sunday, March 25, 2012 Registration opens at 10:30 am.

TRACK EVENTS (Fully Automatic Timing and see Note 3)

12:00 Noon	3000m Race Walk
12:30pm	60m Hurdles (ALL Must Have Pre-Registered)
12:50pm	60m (Finals or Trials as necessary)
1:30pm	1-Mile Run
1:45pm	60m Finals as necessary
2:15pm	400m
3:00pm	800m
3:30pm	200m
4:15pm	3000m
4:45pm	Relays: 4x400m followed by 4x800m

FIELD EVENTS (see Note 3)

10:30am **Implement weigh in**

12:00 Noon	Pole Vault
12:00 Noon	Long Jump
12:00 Noon	Weight Throw
1:00pm	Shot Put
2:30pm	Long Jump closes
3:00pm	High Jump
3:00pm	Triple Jump
3:00pm	Super Weight
4:30pm	Triple Jump closes

Track portion of Meet may run up to 15 minutes ahead of schedule after 2:15 pm.

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NOTES:

Note 1 – Athletes 15-18 competing in the Open category hurdles and throwing events will be required to use the Open category hurdles heights and implement weights – not the high school specs – because this is an **Open** competition.

Note 2 – Due to the time and difficulty of setting up hurdles, especially for the odd spacings and distances for Men 60+ and Women 40+, we require **ALL hurdlers to preregister** in order to predetermine heats/sections and to setup and adjust the hurdles without unduly delaying the meet.

Note 3 –

- Track athletes:**
1. Assignment to heats/sections is primarily by gender/age; possibly by Association membership
 2. Unless otherwise stated *expect* to run Women before Men and Older before Younger
 3. **ALL HURDLERS MUST PRE-REGISTER.**
 4. Track portion may run up to 15 minutes ahead of schedule after 2:15 pm.

- Field Athletes:**
1. LJ/TJ: Open pit. LJ closes at 2:30 PM and TJ closes at 4:30 PM
 2. Maximum 6 throws (WT/SWT/SP) or 6 jumps (LJ/TJ)
 3. Competitors should bring their own implements to ensure the proper weight for their age group
 4. There will be implement weigh in.
 5. Weight Throw will be flighted men before women and Superweight women before men. Shot Put will be women then flighted men.

Note 4 -- Compiling of results and awarding of medals will take place after officials have turned in the results for each event.

WHO TO CONTACT:

James E. Aylsworth, aylspmtfa@aol.com, 717-806-5357
Patrick R. Good, patrick.iamsport.good@gmail.com 610-256-7623
Lou Coppens, loucoppens@verizon.net, 215-675-4767

FOR THE LATEST MEET INFORMATION and MEET RESULTS please visit: www.pmtf.net

(Scroll down for Entry Form)

MID-ATLANTIC USATF 2012 OPEN AND MASTERS INDOOR CHAMPIONSHIPS ENTRY FORM

Hosted by Philadelphia Masters Track and Field Association

Sunday, March 25, 2012

First Name: _____ Last Name: _____

**ALL HURDLERS
MUST
PREREGISTER!**

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-Mail: _____

**ALL HURDLERS
MUST
PREREGISTER!**

Gender: M F Date of Birth: ____/____/____ Age as of 3/25/12: ____
(circle) (mm/dd/yy)

USATF #: _____ **USATF Assoc. Affiliation (check one):** _____ Mid-Atlantic
(REQUIRED) _____ New Jersey
 _____ Potomac Valley
 _____ Other (Specify _____)

Individual Events / Recent Performance (or your best estimate) or **Starting Height for HJ and PV:**

1. _____ / _____	4. _____ / _____
2. _____ / _____	5. _____ / _____
3. _____ / _____	6. _____ / _____

Fee Schedule for Individual Events (registration and payment for Relays will be day of meet only, \$20 per team)

(All athletes must be USATF members, and entries must be POSTMARKED by Saturday March 10, 2012 for Pre-Entry Rate):

Events	Pre-Entry by mail	LATE Mail and Meet Day Entry
1	\$15	\$25
2	\$25	\$35
3	\$35	\$45
4	\$45	\$55
5	\$55	\$65
6	\$65	\$75
	Etc.	Etc.

Send to: *Philadelphia Masters
c/o James E. Aylsworth
41 Fairway Drive
Quarryville, PA 17566*

**ALL HURDLERS
MUST
PREREGISTER!**

Total Amount

Enclosed _____

Make checks payable to: **"Philadelphia Masters"**

Waiver and Release: In consideration of your accepting my entry into this meet, I hereby, for myself, my heirs, executors, administrators, and assigns, waive and release any and all rights and claims for damages I may have against USATF, Mid-Atlantic USATF, Philadelphia Masters T&F Association, University of Delaware, and the employees, agents, officers, volunteers, representatives, successors and assigns thereof for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and their agent's permission to request emergency medical treatment or care as necessary to insure my well-being. I agree to release my name and/or photo for publicity purposes. I acknowledge that my failure to comply with the rules of competition as set by USATF and/or Philadelphia Masters will result in my disqualification, and that my entry fee is nonrefundable, including if the event is cancelled.

Signature: _____ Date: _____