

# **USATF GEORGIA ASSOCIATION**

## **MASTERS TRACK AND FIELD CHAMPIONSHIPS**

### **MASTERS PENTATHLON CHAMPIONSHIP** **USATF GEORGIA ASSOCIATION RACEWALKING CHAMPIONSHIP** **OPEN TRACK AND FIELD COMPETITION**

**FRIDAY AND SATURDAY, APRIL 16-17, 2010**

**SITE: Georgia Southern University, Statesboro, Georgia**

*-Track is located on Lanier Drive behind Paulson Stadium*

Championships for all athletes 30 years of age and over. Competition for athletes 19-29 years of age.

**Out of state athletes are welcome!**

#### **MOTEL INFORMATION:**

Statesboro has a large number of motels, but the following motels have set aside rooms at reduced rates for athletes. Make sure to identify as participant in Georgia Masters Track Championship. Reserve room early.

#### **HOST MOTEL:**

**LaQuinta Inn:** Lanier Dr. and US 25 byp (walking distance from track) \$52.99 (single/double); \$62.99 (Suites)  
14 king/queen single, 29 double queen, 20 suites

**Other motels** offering special rates for this meet:

**Comfort Inn and Suites:** downtown (2 miles from track) \$53 (single); \$55.80 (Business); \$69 (Suites)

44 king/queen single, 14 double/single business; 20 suites

**Springhill Suites:** US 301 bypass and GA 67 (2 miles from track) \$89

30 king, 20 double queen

**INFORMATION:** Jim Hite; PO Box 717; Millen, GA 30442; 478-982-4881.

[jimjoyce34@bellsouth.net](mailto:jimjoyce34@bellsouth.net)

[www.millenmilers.com](http://www.millenmilers.com)

**Concessions:** Scout Troop 340, Statesboro First Baptist Church, has agreed to offer concessions.

**All participants must be members of USATF.** Memberships will be available for purchase on site. You may also purchase a USATF athlete's number on-line at [usatf.org](http://usatf.org), click on *membership*.

--NO ONE will be allowed to participate without a USATF athlete's number, which must be on the entry form.

*USATF ASSOCIATION medals will be awarded in 5-year age groups to Georgia residents and to the top three open (19-29) in each event. Non-Georgia participants will receive comparable place awards, but may not displace a Georgia athlete.*

*\$100 will be awarded to the masters athlete, male and female, with the best age-graded performance.*

*This event is sanctioned by USA Track and Field, and USATF Rules apply.*

**Completed entry must be received by April 12, 2010.**

**There will be NO exceptions to the entry deadline! Any changes in events MUST be made by April 11. Also, NO exceptions.**

**Medical and Trainer help will be available, as will sports massage (no charge to the athlete).**

**Entry fee: \$20 for first event, includes SE fee and T-shirt; \$5 for each other event.**

## EVENT INFORMATION:

10,000M run, 5000M walk and 5000M run: all age groups will compete in a single event. Age group identification will be on runners' backs.

### \*Preliminaries:

**In the 12 years this meet has been held, there have never been more than eight (8) competitors within a 5-year age group in a lane race. Therefore, no preliminaries are on the schedule. SHOULD it happen that nine (9) from one age group register for a single lane event, the meet director will contact each athlete involved and provide the time for that preliminary.**

*RELAYS: Thanks to our timing system, relay teams within the 10-year age groups for masters can be organized on the day of the event. There will be no charge for the relay team. However, if any individual participating in a relay is not registered for another event, he/she must pay the first event fee (\$20).*

NOTE 1: Age groups may be combined within events in the interest of time and/or competition, but awards will not be affected.

NOTE 2: In lane races, **runners must run in assigned lanes and assigned heats!** This is extremely important when using an automatic timing system. There will be no exceptions.

Timing is by Perfect Timing Group, Atlanta.

**Register on-line at: [www.active.com](http://www.active.com)**

## USATF GEORGIA MASTERS TRACK AND FIELD CHAMPIONSHIPS ENTRY FORM

### EVENT NUMBERS:

#### WOMEN:

- |                   |               |                     |                 |
|-------------------|---------------|---------------------|-----------------|
| 1. W19+ 5000m RW  | 21. W19+ 200m | 35. W19+ TJ         | 61. W60-99 80H  |
| 3. W19+ 5000m     | 23. W19+ LJ   | 45. W19+ Pentathlon | 65. W19-29 100H |
| 7. W19+ 1500m     | 25. W19+ SP   | 51. W19+ 10,000m    | 67. W19-29 400H |
| 11. W19+ 400m     | 27. W19+ HJ   | 53. W19+ mile       | 69. W30-49 400H |
| 13. W19+ 100m     | 29. W19+ DT   | 55. W30-39 100H     | 71. W50-59 300H |
| 15. W19+ 800m     | 31. W19+ JT   | 57. W40-49 80H      | 73. W60-99 300H |
| 19. W19+ 2000m SC | 33. W19+ PV   | 59. W50-59 80H      | 75. W19+ Hammer |

#### MEN:

- |                     |                  |                     |                 |
|---------------------|------------------|---------------------|-----------------|
| 2. M19+ 5000m RW    | 22. M19+ 200m SC | 46. M19+ Pentathlon | 66. M19-29 110H |
| 4. M19+ 5000m       | 24. M19+ LJ      | 52. M19+ 10,000m    | 68. M19-29 400H |
| 6. M19+ 1500m       | 26. M19+ SP      | 54. M19+ mile       | 70. M30-49 400H |
| 10. M19+ 400m       | 28. M19+ HJ      | 56. M30-49 110H     | 72. M50-59 400H |
| 12. M19+ 100m       | 30. M19+ DT      | 58. M50-59 100H     | 74. M60-69 300H |
| 14. M19+ 800m       | 32. M19+ JT      | 60. M60-69 100H     | 76. M70-99 300H |
| 18. M19-59 3000m SC | 34. M19+ PV      | 62. M70-79 80H      | 78. M19+ Hammer |
| 20. M60+ 2000m SC   | 36. M19+ TJ      | 64. M80-99 80H      |                 |

**WHEN COMPLETING YOUR ENTRY, PLEASE USE EVENT NUMBER.**

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## **SCHEDULE OF EVENTS**

<b>TRACK</b>			<b>FIELD</b>
<b>Friday</b>			
7:15 p.m. Mile Run final (a)			
7:30 p.m. 10,000m Run final (a)			
 <b>Saturday</b>			
8:00 a.m. 5000M Race Walk	Everyone	Final	9:00 a.m. Long Jump (men first)
9:00 a.m. 5000M Run	Women	Final	High Jump (men and women)
9:30 a.m. 5000M Run	Men	Final	9:40 a.m. PENTATHLON LONG JUMP (M)**
10:00 a.m. 100 Hurdles	PENTATHLON (W)**		9:30 a.m. Shot Put*
10:10 a.m. 4X100M Relay	Women	Final	Hammer*
10:15 a.m. 4X100M Relay	Men	Final	10:00 a.m. Triple Jump (men first)
10:20 a.m. 1500M Run	Women	Final	10:30 a.m. Discus*
10:35 a.m. 1500M Run	Men	Final	10:30 a.m. Pole Vault (men and women; starting height to be determined on site)
10:50 a.m. 80/100 Hurdles	Women	Final	11:30 a.m. Javelin*
11:05 a.m. 100/110M Hurdles	Men	Final	*NOTE: Six attempts.
11:20 a.m. 400M	Women	Final	Shot put, discus and javelin implements will be available. Hammer will <b>not</b> be available.
11:35 a.m. 400M	Men	Final	Personal implements will be checked and approved for use in the competition on day of meet.
11:50 a.m. 100M	Women	Final	PLEASE NOTE that those taking part in SP, DT, JT, HT may do so AT ANY TIME within 55 minutes after the start of the event. This is to make it easier for those participating in events with conflicting times.
12:05 p.m. 100M	Men	Final	
12:20 p.m. 800M	Women	Final	
12:30 p.m. 800M	Men	Final	
12:50 p.m. 300/400M Hurdles	Women	Final	
1:00 p.m. 400M Hurdles	Men	Final	
1:15 p.m. 3000M Steeplechase	Men	Final	
1:35 p.m. 2000M Steeplechase	Men 60+, Women	Final	
1:50 p.m. 200M	Women	Final	
2:00 p.m. 200M	Men	Final	
2:15 p.m. 4X400M Relay	Women	Final ©	
2:20 p.m. 4X400M Relay	Men	Final ©	

(a) Men and Women run together. Any state, national, or world age-group record set in these events will be accepted.

© Since it is obvious that anyone who runs in the 200m and is running in this 4X400m relay will need time to recover, the starting time of the relay will be delayed until recovery is complete and everyone is ready.

\*\*PENTATHLON: Pentathlon events will start approximately 30 minutes after the completion of the previous event.

PLEASE NOTE: Running events could be moved forward up to 20 minutes, if conditions warrant. Athletes are urged to pay close attention to announcements throughout the day.

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### **VERY IMPORTANT!!**

**FILL OUT THIS ENTRY FORM EXACTLY AS CALLED FOR. YOUR BIRTHDATE WILL SEED YOU FOR EACH EVENT.**

You can register online at: [www.active.com](http://www.active.com)

Make check payable to: USATF Georgia

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