2003 West Regional Masters Outdoor Track & Field Championships

Presented by USATF San Diego Association and UCSD Track & Field
Administered by San Diego Senior Sports Festival

July 26- 27, 2003 • UC San Diego • La Jolla, CA

SAT. JULY 26 (tentative schedule)
Unless listed event times are for men and women.

Track	Time	Field
10,000	8:00	
5000m Racewalk	8:45	
	9:00	Hammer
Steeplechase	9:30	
	10:00	Weight
80m Hurdles	10:30	Pole Vault (All W& M60+)
100m Hurdles	10:45	Long Jump (M30-59)
	10:45	Super Weight
110m Hurdles	11:00	Javelin (All W, M60+)
100m Prelims	11:45	Pole Vault (M30-59)
1500m	12:45	Shot Put
400m Finals	1:45	Long Jump (All W, M60+)
100m Finals	2:15	Javelin (M30-59)
4x400 relays	3:00	

SUN. JULY 27 (tentative schedule)
Unless listed event times are for men and women.

Track	Time	Field
1 Mile Racewalk	7:30	
5000m	8:00	
300m Hurdles	9:00	Discus (M30-64)
	9:00	High Jump (All W, M60+)
400m Hurdles	9:30	
200m Prelims	10:15	
800m run	11:15	
200m Finals	12:00	
	12:15	High Jump (M30-59)
4x800 Relay	12:45	
4x100 Relay	1:15	Discus (All W, M 65+)
	1:45	Triple Jump

Meet Information: EVENTS MAY RUN 15 MINUTES AHEAD OF SCHEDULE

- All participants must be a registered USATF member. Memberships may be purchased prior to the meet at www.usatf.org, your local association office or at the SD Association office at (619) 275-6542.
- All participants must be pre-registered. **Entries postmarked after July 12th must include a late fee of $20. No entries will be accepted with postmarks after July 19, 2003.** Incomplete registrations will not be processed so please read registration information carefully.
- Medals will be awarded to the first 3 men and women finishers in each 5-year age division.
- Events begin with women oldest to youngest; then men oldest to youngest unless otherwise marked.
- Meet administrator is San Diego Senior Sports Festival: (619) 226-1324, (619) 226-1304 fax, info@sdseniorgames.org, www.sdseniorgames.org.
- **Mail registrations to SDSSF, P.O. Box 84202, SD, CA 92138**
- Championship shirts will be available for sale at the meet.

LAST NAME FIRST NAME MI

STREET ADDRESS

CITY STATE ZIP CODE

PHONE NUMBER AGE AS OF 7/26/03 BIRTHDATE (MO-DAY-YR) ---- FEMALE MALE

EMAIL ADDRESS: _____ USATF#: _____

EVENT	Best 02-03 Mark
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

Fees: Make check to SDSSF

-First Event ($20)…… $_____
-Second Event ($12)…….. $_____
-Additional Events ($6 ea)……..$_____
-Late Fee ($20 PM after 7/12)……$ _____
Total Fees: …….. $ _____

ALL PARTICIPANTS MUST SIGN A WAIVER AT REGISTRATION BEFORE COMPETING