



USATF West Regional Masters Championships

Presented by So Cal Track Club

July 24-25, 2004 – Home Depot Center,

18400 Avalon Blvd, Carson, CA.

Olympic Training Center – Mondo Track Surface

Sat. July 24 (tentative schedule)

TRACK	TIME	FIELD
10,000M	8:00	Hammer (All M&W)
5000m RW (M&W)	8:45	
Steeplechase (M&W)	9:30	Pole Vault (All W, M60+)
80m Hurdles (M&W)	10:30	Long Jump (M30-59)
100m Hurdles (M&W)	10:45	
110m Hurdles (M&W)	11:00	Javelin (All W, M60+)
100m Prelims (M&W)	11:45	Pole Vault (M30-59)
1500m (M&W)	12:45	Shot Put (All M&W)
400m Finals (M&W)	1:45	Long Jump (All W, M60+)
100m Finals (M&W)	2:15	Javelin (M30-59)
4x400 Relay (M&W)	3:00	

Sun. July 25 (tentative schedule)

TRACK	TIME	FIELD
5000m (M&W)	8:00	Discus (M30-64)
300m Hurdles (M&W)	9:00	High Jump (All W, M60+)
400m Hurdles (M&W)	9:30	
200m Prelims (M&W)	10:15	
800m (M&W)	11:15	
1 Mile RW (M&W)	12:00	
200m Finals (M&W)	12:30	High Jump (M30-59)
4x800m Relay (M&W)	1:15	Discus (All W, M65+)
4x100m Relay (M&W)	1:45	Triple Jump (M&W)

Meet information

- o Medals will be awarded to the first 3 places in each 5-year age group.
- o Implements must be checked in 30 minutes prior to event.
- o Events begin with women, oldest to youngest, then men, oldest to youngest.
- o Entries postmarked after July 10 must include late-entry fee of \$20.
- o No entries accepted after July 19.
- o Entry fees: First event, \$20; second event, \$12; \$6 for each additional event.
Relays: \$12 per team, payable at meet.
- o Make checks payable to: Mark Cleary, 18 Charca, RSM, CA 92688
- o Directions: From the south take 405 to Avalon Blvd, turn RT, go to Home Depot—make a RT and go through the main gate, look for signs to Track parking. From the north take 405 to Avalon Blvd, turn LT, go to Home Depot-- make a RT, follow signs to parking.
- o Contact: runnermark@cox.net

Parking is limited...please car pool!

Name _____ Age (on 7/24/04) _____ Birth date _____ Male/Female _____

Address _____ Phone _____

City/State/ZIP _____ USATF No. _____

Club affiliation _____ e-mail _____

Event	Best mark, '03-'04	Entry Fees
1. _____	_____	First event (\$20) \$ _____
2. _____	_____	Second event (\$12) \$ _____
3. _____	_____	Additional events (\$6) \$ _____
4. _____	_____	Late fee (\$20 after 7/10) \$ _____
5. _____	_____	T-shirt (\$15 each) size: _____ \$ _____

Waiver (Must be signed in order to compete): I hereby waive all my rights that I or my heirs or assigns may have against So Cal Track Club and/or Mark Cleary and/or the Home Depot Center arising from any illness or accident that I may sustain in arriving at, participating in, or departing from this event. I declare my good health to participate in this event.

Signed _____ Date _____ www.sandiegousatf.org