



2015 OPEN AND MASTERS OUTDOOR CHAMPIONSHIPS

Hosted by USATF Mid-Atlantic High Performance/Masters Committee

Sunday, May 31, 2015

Sanctioned by USATF for men and women in the Open (14-29 – See Note 1) and Masters (30+) categories with a 2015 USATF membership (available online @ www.mausatf.org/membership.htm).

FACILITY: West Chester University; West Chester, PA - Mondo track and runways; short spikes (¼” or less) or flats.
Javelin uses a grass runway.

AWARDS: *Individuals:* Medals to first three Mid-Atlantic finishers in each age/sex division (14-29, 30-and-older by 5-year age groups); non-duplicate awards to non-Mid-Atlantic members finishing in top three overall in their age/sex division.

Teams: The winning Men’s and Women’s teams (for both open and masters) will be awarded a \$500 travel stipend to the USATF National Club Track & Field Championships/USATF Masters Outdoor Championships.

Team Scoring: Individual and relay events will be scored 5-3-2-1 for placing 1st-4th respectively (*Mid-Atlantic Teams Only*).
Compiling of results and awarding of medals will take place ASAP after officials have turned in the results for each event.

ENTRIES: \$15 for the first individual event, \$10 each subsequent event. \$20 per relay team.

ONLINE REGISTRATION ONLY (Entries Close Wednesday May 27th @ Midnight)

Registration Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=105734>

ALL ATHLETES MUST BE CURRENT USATF MEMBERS.

(Membership affiliation must be with a Mid-Atlantic member club in order to count towards team scoring.)

SCHEDULE OF EVENTS: Registration opens at 6:30am.

TRACK EVENTS (Automatic Timing)

7:00am 5000m Run
8:30 5000m Race Walk
9:45 Sprint Hurdles
10:00 1500m Run
10:45 100m Finals (or prelims where necessary)
11:30 400m (see Note 2)
11:45 100m Finals where necessary
12:00pm Steeplechase - may be later, if 100m Finals are necessary

LUNCH BREAK --- LUNCH BREAK ---

1:30pm 300m/400m Hurdles
1:45 800m
2:30 200m
3:00 Relays: 4x800m, 4x100m, 4x400m

FIELD EVENTS

7:00am Implement Weigh-in opens
8:00 Javelin (*grass runway*)
9:00 Shotput (Flighted, specifics TBD)
10:30 Discus (or after SP ends -- Flighted, specifics TBD)
9:00 Long Jump (open pit till noon)
9:00 High Jump

LUNCH BREAK --- LUNCH BREAK

12:30pm Pole Vault
12:30 Triple Jump (open pit till 3:30pm)
12:30 Hammer Throw (non-medal H.S. 12# opportunity)
Weight Throw (or after Hammer ends)
Super Weight Throw (or after WT ends)

NOTE: Track athletes will be assigned to heats primarily by sex/age; possibly by Association membership.
Unless otherwise stated we *expect* to run women before men, older before younger.

Field Athletes: 1. LJ/TJ: open pit time limited.

2. Maximum 6 throws or jumps (LJ/TJ).

3. Competitors should bring their own implements to ensure the proper weight for their age group.

CONTACT: Rogers Glispy 215-751-8965 masters@midatlantic.usatf.org

FOR THE LATEST MEET INFORMATION and MEET RESULTS please visit: www.mausatf.org

NOTES:

Note 1 – Athletes 14-18 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. ***BUT, there will be the opportunity for H.S.-aged athletes to throw the 12# Hammer in order to try to achieve qualifying marks for other meets – but this will not be a medal competition.***

Note 2 – We schedule the 400m immediately after the 100m because past meet records have indicated that very few entrants in the 100m also compete at 400m. Also, we believe that those who do would rather run the 100m prior to the 400m.

DIRECTIONS TO WEST CHESTER UNIVERSITY TRACK:

From Philadelphia

Take Schuylkill Expressway (Rt. 76 West) to Exit 26B. Follow Rt. 202 South for approximately 20 minutes. Take High Street exit to Rosedale Avenue and turn left, then proceed to South New Street and turn left. OR, take West Chester Pike (Rt. 3 West) to Rt. 202 South by-pass to High Street exit to Rosedale Avenue and turn left, then proceed to South New Street and turn left.

From Western Pennsylvania (PA turnpike)

Take Pennsylvania Turnpike to Exit 23 Downingtown/West Chester. Follow signs to for Rt. 100 South. Take Pottstown Pike exit and this will become High St. in the Borough of West Chester. Stay on High St. and turn right onto Rosedale Avenue then proceed to South New Street and turn left.

From New Jersey Turnpike (North or South)

Take Exit 6 for Pennsylvania Turnpike. Follow Pennsylvania turnpike west for approximately 35 miles and take Exit 24, Valley Forge. Go about ¼ mile to second exit, 26 to Rt. 202 South. Merge left twice on Rt. 202 South and [continue](#) for approximately 20 minutes and take High Street Exit. Take High Street to Rosedale Avenue and turn left. Then proceed to South New Street and turn left.

From Commodore Barry Bridge (New Jersey)

Coming from either north or south on Rt. 295, follow signs for 322 West. Cross Commodore Barry Bridge and [continue](#) on 322 West to Rt. 1. Turn left on Rt. 1 to Rt. 202 North. Turn right onto Rt. 202 North and go approximately 7 miles. At the [Holiday Inn](#), proceed ahead under the overpass and continue north on High Street to Rosedale Avenue and turn left. Then proceed to South New Street and turn left.

From Delaware, Maryland, Washington, and Delaware Memorial Bridge

Take Rt. 95 North through Wilmington to the exit for Rt. 202 North (Concord Pike). Continue north on 202. At the Holiday Inn proceed ahead under the overpass and continue north on High Street to Rosedale Avenue and turn left. Then proceed to South New Street and turn left.