



MID-ATLANTIC USATF 2009 OPEN AND MASTERS OUTDOOR CHAMPIONSHIPS

Hosted by PHILADELPHIA MASTERS T & F ASSOCIATION

Saturday June 6, 2009

Sanctioned by USATF for men and women in the Open (14-29 – **See Note 1**) and Masters (30+) categories with a 2009 USATF membership (available online at www.mausatf.org or at meet). To minimize delay at registration, we strongly recommend that athletes obtain their 2009 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: Widener U; Chester, PA -- **Automatic Timing;** Eurotan track and runways; Short spikes (1/4" or less) or flats.

AWARDS: Medals to first three Mid-Atlantic finishers, male and female, in each age group (14-29; 30-and-older by 5-year age groups); duplicate awards to non-Mid-Atlantic members finishing in top three.

ENTRY FEES: (ALL ATHLETES MUST BE USATF MEMBERS)

PRE-ENTRY (postmarked by Saturday, May 23): \$10 per individual event.

POST ENTRY (late mail and day-of-meet): \$20 for first individual event; \$10 each subsequent individual event.

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

HURDLERS MUST PRE-REGISTER!!! HURDLERS MUST PRE-REGISTER!!! (see Note 2)

STEEPLECHASE, AND 10K TRACK RACE WILL BE AT USATF-NJ MEET ON JUNE 20 (?) (see Note 3)

SCHEDULE OF EVENTS (Registration opens at 8:00 am, track available earlier for RW warmup):

TRACK EVENTS (Automatic Timing)

8:15am	5000m Racewalk
9:00	Sprint Hurdles – Must Preregister
9:15	5000m Run
10:00	100m Finals (or prelims where necessary)
10:45	400m (see Note 4)
11:30	1500m
12:00	100m Finals (where necessary)
BREAK	
1:00pm	300m/400m Hurdles – Must Preregister
1:30	800m
2:15	200m
2:45	Relays: 4x800m, 4x100m, 4x400m

FIELD EVENTS

9:00am	Implement Weigh-in opens
9:15	Shotput (Flighted, specifics TBD)
9:15	Discus (Flighted, specifics TBD)
9:15	Long Jump
9:15	Pole Vault
BREAK	
12:30pm	High Jump (or after PV ends)
12:30	Triple Jump (or after Long Jump ends)
12:30	Javelin (or after Discus ends)
1:30	Hammer Throw (or after Javelin 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.

2. Maximum 6 throws or jumps (LJ/TJ); may be 4 (depending on number of entries and time available).

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

Meet may run up to 15 minutes ahead of schedule after 10:00am.

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

WHO TO CONTACT: Joel Dubow, 484-437-9463, joeldubow@usa.net

DIRECTIONS TO WIDENER UNIVERSITY TRACK:

FROM I-276 (PA TPK) – take I-476 South to Exit 1 (McDade Blvd.). Go west on McDade Blvd. 0.4mi to Melrose Ave.

FROM I-95 – take I-476 North to Exit 1 (McDade Blvd.) Go west on McDade Blvd 0.7mi to Melrose Ave.

BOTH – turn left onto Melrose Ave. Go 0.3mi to 17th St. Turn left onto 17th St, through arch/gate, sweep right around athletic center to Parking and track access behind athletic center

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

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.

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 that all hurdlers preregister in order to allow us to determine heats and setup/adjust the hurdles without unduly delaying the meet.

Note 3 – Because of the generally small number of entrants we have in the Steeplechase, this event will be nested into the USATF-NJ Championship Meet on June 20 (?). In addition, because NJ is offering the 10K on the track, we will also use their meet for our Championship event. We hope that by sending our MAUSATF athletes there, the events might obtain enough “critical volume” to make them more competitively challenging for the entrants. We will either have a representative at the meet to distribute awards, or else mail them afterward to MAUSATF medal earners. The USATF-NJ website is www.usatfnj.org.

Note 4 – We have scheduled 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.

(Scroll down for Entry Form)

