



USATF Southern California Association Masters Championships

Saturday, May 20, 2017 – West Los Angeles College, Culver City

Event Schedule

8 a.m. 10,000m
8:50 a.m. 5,000m
9:30 a.m. 5k Racewalk
10 a.m. 80m/100m/110m Hurdles
10:35 a.m. 3k Steeplechase
10:55 a.m. 2k Steeplechase
11:15 a.m. 1500m
11:30 a.m. 100m prelims (if needed)
11:40 a.m. 200m/300m/400m Hurdles
11:55 a.m. 400m Finals
12:20 p.m. 100m Finals
12:50 p.m. 800m Finals
1:10 p.m. 200m Finals
1:40 p.m. 4x100m Relay;
4x 800m Relay follows;
4x 400 Relay follows

Field Event schedule:

8 a.m. Hammer (all)
9 a.m. Shot (all)
High Jump (All women, M60+)

10 a.m. High Jump (M30-59)
10:30 a.m. Discus (All)

11:30 a.m. Long Jump (All)
Pole Vault (All)

12:30 p.m. Triple Jump (All)
Weight Throw (All); Superweight (All)
follows Weight Throw
1 p.m. Javelin (All)

A 2017 USATF membership number is required to enter this meet. Obtain or renew memberships and enter meet at www.usatf.org. NO MEMBERSHIPS WILL BE SOLD AT THE MEET.

- 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 **Mailed entries must be postmarked by May 14. Online entry deadline May 16.**

Same-day entry at meet add \$30 late fee.

o Entry fees: First event, \$30; second event, \$12; additional events \$5 each. Relays: \$20 per team, payable at meet. No refunds for any reason.

o Make entry-fee checks payable to: SCA-USATF. Mail to Mark Cleary, 18 Charca, Rancho Santa Margarita, CA 92688

o Contact: runnermark@cox.net

Name _____ Age (on 5/20/17) _____ Birth date _____ Male/Female _____

Address _____ Phone _____

City/State/ZIP _____ **2017 USATF No. (Mandatory)** _____

Club affiliation _____ e-mail _____

Event

Best mark, '16-'17

1. _____
2. _____
3. _____
4. _____

Entry Fees

First event (\$30) \$ _____

Second event (\$12) \$ _____

Additional events (\$5 each) \$ _____

Total: \$ _____

Waiver (Must be signed in order to compete): I hereby waive all my rights that I or my heirs or assigns may have against USATF, West Los Angeles College or Mark Cleary arising from any illness, injury 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 _____

SPIKES: only 1/4 inch or smaller spikes are allowed - absolutely no Christmas tree or needle spikes allowed at this facility.