



USATF West Regional Masters Championships

Presented by SoCalFleetFeet Track Club

July 21-22, 2007 – Occidental College

Sat., July 21 (tentative schedule)

| TRACK | TIME | FIELD |
|----------------------|-------|--------------------------|
| 10,000M | 8:00 | |
| 5000M Racewalk (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 | Pole Vault (M30-59) |
| 100 Prelims (M&W) | 11:30 | |
| 1 Mile (M&W) | 12:00 | |
| 400m Finals (M&W) | 12:30 | Long Jump (All W, M60+) |
| 100m Finals (M&W) | 1:00 | |
| 4x400 Relay (M&W) | 1:45 | |
| 4x800m Relay (M&W) | 1:55 | |

Sun., July 22 (tentative schedule)

| TRACK | TIME | FIELD |
|---------------------|-------|-------------------------|
| 5000m (M&W) | 8:00 | Shot (M&W) |
| 300m Hurdles (M&W) | 9:00 | High Jump (All W, M60+) |
| 400m Hurdles (M&W) | 9:30 | Discus (M30-64) |
| 800m (M&W) | 10:00 | |
| 200m Prelims (M&W) | 10:25 | |
| 1500m (M&W) | 11:25 | High Jump (M30-59) |
| 200m Finals (M&W) | 12:30 | Discus (All W, M65+) |
| 4x100m Relay (M&W) | 1:10 | Triple Jump (M&W) |
| 4x1500m Relay (M&W) | 1:20 | |

Events being held separately on **Saturday** at Citrus Community College (1000 W. Foothill Blvd., Glendora, CA):

| | |
|-------------------------|------------|
| Hammer (M&W) | 8:00 a.m. |
| Weight Throw (M&W) | 9:00 |
| Superweight Throw (M&W) | 10:00 |
| Javelin (all W, M60+) | 11:00 |
| Javelin (M30-59) | 12:00 noon |

- Medals will be awarded to the first 3 places in each 5-year age group.
- Implements must be checked in 30 minutes prior to event.
- Events begin with women, oldest to youngest, then men, oldest to youngest.
- Entries postmarked after July 9 must include late-entry fee of \$20.
- No entries accepted after July 16.
- Entry fees: First event, \$20; second event, \$10; \$5 for each additional event.
Relays: \$12 per team, payable at meet.
- Make checks payable to: Mark Cleary, 18 Charca, Rancho Santa Margarita, CA 92688
- Contact: runnermark@cox.net

Name _____ Age (on 7/21/07) _____ Birth date _____ Male/Female _____

Address _____ Phone _____

City/State/ZIP _____ 2007 USATF No. _____

Club affiliation _____ e-mail _____

| Event | Best mark, '06-'07 |
|----------|--------------------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

| Entry Fees | |
|---------------------------------|----------|
| First event (\$20) | \$ _____ |
| Second event (\$10) | \$ _____ |
| Additional events (\$5 ea) | \$ _____ |
| Late fee (\$20 after 7/9) | \$ _____ |
| T-shirt (\$15 each) size: _____ | \$ _____ |
| USATF Region Surcharge: | \$ 5.00 |
| 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, SoCal/FleetFeet Track Club and/or Mark Cleary and/or Occidental College 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 _____