

2008 Pacific Association USATF Masters Track & Field Championships

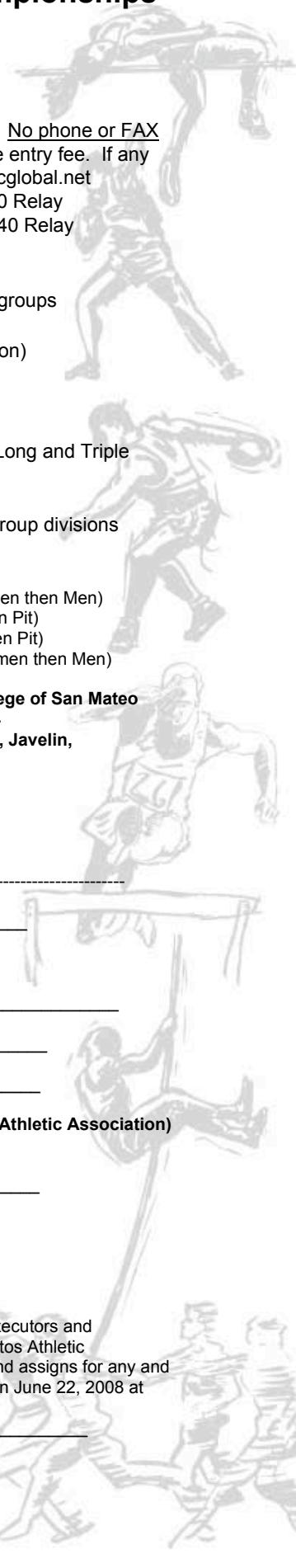
(Open Athletes Welcome)

Sunday, June 22, 2008

At Los Gatos High School, 20 High School Court, Los Gatos, CA 95030

SPONSORED BY LOS GATOS ATHLETIC ASSOCIATION

Pre-Registration Deadline Midnight, June 14, 2008



- ENTRIES:** All "Entries" will be submitted to www.directathletics.com (see attached sheet). No phone or FAX entries accepted. You can enter on the day of the meet but you must pay a late entry fee. If any questions call Joy Upshaw-Margerum at 510.816.8009 or email: coachjoy@sbcglobal.net
- FEES:** Prior to June 14th (On-Line) \$20 First Event, \$5 thereafter, \$30 Relay
Late Entry Fees (after June 14th) \$30 First Event, \$10 thereafter, \$40 Relay
- TIMING:** Fully electronic timing (FinishLynx)
- DIVISIONS:** Age on June 22, 2008 determines age group – 30 yrs and above in 5 year age groups
- AWARDS:** Medals to first three places in all Master events by age-group (not Open Division)
- T-SHIRTS:** Custom T-Shirt For Sale at the meet
- FACILITIES:** All Weather 400 meter track surface (1/4" spikes only) concrete throwing rings Long and Triple Jump will have an open pit in all age group divisions
- HEATS:** We will combine races where we do not have enough runners by specific age group divisions

USATF Cards: Will be available at the meet		Approximate Time Schedule	
8:15 AM	Race-walk	9:00 AM	Pole Vault (Women then Men)
9:15 AM	5000m	10 – 11:30 AM	Long Jump (Open Pit)
10:00 AM	Hurdles	noon – 1:30 PM	Triple Jump (Open Pit)
10:50 AM	800m	10:00 AM	High Jump (Women then Men)
11:30 AM	4 x 100m Relay		
11:45 AM	400m	NOTE: All Weight Events will be held at College of San Mateo 1700 W Hillsdale Blvd San Mateo 94402-3784 9:30 AM Hammer, followed by Weight Throw, Javelin, Shot Put, Discus	
1:00 PM	100m	<u>No Steeplechase</u>	
1:30 PM	1500m		
2:00 PM	Intermediate Hurdles		
2:20 PM	200m		
3:10 PM	4 X 400 Relay		

----- (cut along line and mail entry and waiver to LGAA) -----

USATF Card # _____ email _____

Name _____ Male _____ Female _____

Address _____ Phone # () _____

City / St / Zip _____ Date of Birth _____ / _____ / _____

Club Affiliation _____ Age as of 6-22-08 _____

Events Entered Best recent Mark **Make check payable to LGAA (Los Gatos Athletic Association)**

PO Box 1334 Los Gatos, CA 95031

1 _____ Amount enclosed \$ _____

2 _____

3 _____

4 _____ **WAIVER**

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, Los Gatos High School, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while participating in the PAUSATF Masters Track and Field Championships held on June 22, 2008 at Los Gatos High School, Los Gatos, California and/or West Valley College, Saratoga, California.

Date _____ Signature _____

Meet Directors Joy Upshaw-Margerum – Rick Milam – Willie Harmatz
Mail Entries to LGAA PO Box 1334 Los Gatos, CA 95031

Pre-Registration Deadline Sat, June 14, 2008

Revised 6-9-08

2008 Pacific Association USATF Masters Track & Field Championships

(Open Athletes Welcome) Sunday, June 22, 2008

Meet Schedule (Revised 6-09-08)

8:15 AM	5000m Racewalk	1:00 PM	100m women 50+ women 40 - 49 women 30 - 39 men 70+ men 60 - 69 men 50 - 59 men 40 - 49 men 30 - 39 Open Division
9:15 AM	5000m Run		
10:00 AM	80m Hurdles women 40 - 49 men 70+ 100m Hurdles women 30 - 39 men 60 - 69 men 50 - 59 110m Hurdles men 30 - 49 Open Division	30" 30" 33" 33" 36" 39" 42"	1:30 PM
10:50 AM	800m women 40+ women 30 - 39 men 60+ men 50 - 59 men 40 - 49 men 30 - 39 Open Division		1500m women 40+ women 30 - 39 men 60+ men 50 - 59 men 40 - 49 men 30 - 39 Open Division
11:30 AM	4 x 100m Relays (all divisions)	2:00 PM	Inter Hurdles women 40+ 30" women 30 - 39 30" men 60+ (300m) 33" men 50 - 59 (400m) 33" men 40 - 49 " 36" men 30 - 39 " 36" Open Division 36"
11:45 AM	400m women 40+ women 30 - 39 men 60+ men 50 - 59 men 40 - 49 men 30 - 39 Open Division	2:20 PM	200m women 50+ women 40 - 49 women 30 - 39 men 70+ men 60 - 69 men 50 - 59 men 40 - 49 men 30 - 39 Open Division 4 x 400m Relays (all divisions)
9:00 AM 10 - 11:30 AM noon - 1:30 PM 10:00 AM	Field Events at Los Gatos HS Pole Vault (Women then Men) Long Jump (Open Pit) Triple Jump (Open Pit) High Jump (Women then Men)	3:10 PM	

NOTE: All Weight Events for Masters / Open meet will be held at CSM (College of San Mateo) 1700 W Hillsdale Blvd. San Mateo 94402-3784

9:30 AM: Hammer, followed by Weight Throw, Javelin, Shot Put, Discus

No Steeplechase

All times for events are tentative and approximate. Events may run ahead of schedule.

Athletes are responsible for warming up properly for his or her event. You should arrive at the track at least one hour before posted time.

Revised 6-09-08