



2009 USA MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

Prince George's Sports & Learning Complex, Landover MD • March 20-22, 2009

For all athletes 30 & over • Conducted by Potomac Valley Track Club • www.pvtc.org

Events • Order of events to be announced later. Allow extra time for rush hour traffic on Friday.

THURSDAY, March 19

- Check-in at Radisson Largo

FRIDAY, March 20

- Check-in at PG Sportsplex
• Pentathlon
• Weight Throw (M50+)
• Bob Fine Memorial 3000m Run
sponsored by National Masters News

SATURDAY, MARCH 21

- 60m Hurdles • 60m Dash
• One Mile Run • 400m Dash
• 4x800m Relay
• High Jump (M30-59)
• Pole Vault (W30+ & M60+)
• Weight Throw (W30+)
• Long Jump • Shot Put
• 6:30 pm Athletes' Meeting & Party @ Holiday Inn Express

SUNDAY, MARCH 22

- 200m Dash • 800m Run
• 3000m Race Walk
• 4x400m Relay
• High Jump (W30+ & M60+)
• Pole Vault (M30-59)
• Weight Throw (M30-49)
• Triple Jump • Superweight Throw

All lined finals must comprise of at least two-thirds USATF competitors. The remaining lanes may be the top guest competitors if they qualify.

Register on-line at www.usatf.org/events or www.pvtc.org • 703-481-3530 • racedirector@att.net

Host Hotels: Radisson Largo (301-773-0700) • Holiday Inn Express (301-636-6090) • Hampton Inn (301-499-4600)
Comfort Inns (301-322-6000 and 301-336-8900) • Four Points by Sheraton (1-800-368-7764)

Ask for the USA Masters Indoor Championships special rate.

MAIL-IN ENTRY FORM

ASSUMPTION OF RISK, WAIVER AND RELEASE: I understand participating in track and field is a potentially hazardous event. In consideration of your accepting this entry into 2009 USA Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against USATF, Potomac Valley Track Club, Maryland-National Capital Parks & Planning Commission, their employees, volunteers, agents, officers, and sponsors, and their representatives, successors, and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and their agents permission to request emergency medical treatment or care as necessary to insure my well being. As a condition of my participation in this competition, I hereby grant USA Track & Field, Inc., and Potomac Valley Track Club license to use my name, likeness, image, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting Event or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my likeness in an endorsement of any product or service without my specific written consent. I agree not to cover or alter my competitor number in any way. I acknowledge that my entry fee is nonrefundable.

SIGNATURE: _____ DATE: _____

Name First _____ Last _____

[] Male [] Female Age March 20, 2009 _____ Date of Birth (mm/dd/yyyy) _____ Proof of age required

Address _____

City _____ State _____ Zip _____

E-mail _____

Telephone _____ Cell _____

Club/Affiliation _____ Citizenship (if not USA) _____

Country (if not USA) _____ 2009 USATF# or Affiliation# _____

2009 USATF# or Guest Competitor Affiliation# is required before the competition

Table with 3 columns: Event, Best 2008/2009 Performance, Fee. Rows 1-6 with fee amounts ranging from \$15 to \$70.

Late Fee (received after February 23, 2009) _____ add \$25

Registration closes March 5, 2009

Total Entry Fees: \$ _____

T-shirts (pre-order only) [] S [] M [] L [] XL [] XXL Total t-shirts @ (\$15 each): \$ _____

Donation to sponsor USA Masters Indoor Track & Field Championships (\$1000+ / \$250 / \$100 / \$50 / \$25 / other): \$ _____

(Donors and sponsors will be noted in the meet program) TOTAL AMOUNT ENCLOSED: \$ _____

* Includes \$10 for National Masters Track & Field Committee to enable Games Committee representatives to organize, attend, and assist at Championship meets.

[] I have a disability for which I am requesting an accommodation. (Documentation must be submitted by Feb. 20, 2009)

Stay an extra day to tour museums and national monuments in Washington DC

Mail forms and checks to PVTC 611 South Ivy Street Arlington VA 22204

