

POTOMAC VALLEY TRACK CLUB PRESENTS THE 34th ANNUAL

POTOMAC VALLEY GAMES

OPEN TRACK & FIELD MEET FOR ALL ATHLETES OF ALL AGES

Falls Church High School

7521 Jaguar Trail, Falls Church, VA 22042

Use this form, or register on-line at www.pvtc.org

SATURDAY-SUNDAY, September 5-6, 2009

2009 USATF Potomac Valley Association

MASTERS T&F CHAMPIONSHIP, OPEN T&F CHAMPIONSHIP, 3K/5K/10K RACEWALK CHAMPIONSHIP

plus MARK RICHARDS PENTATHLON • THROWS PENTATHLON



Saturday, September 5 (athletes 14 & under)	Saturday, September 5 (athletes 15 & over)	Sunday, September 6 (athletes 15 & over)	Sunday, September 6 (athletes 15 & over)
7:30 am Registration opens	7:30 am Registration opens	7:30 am Registration opens	7:30 am Registration opens
YOUTH TRACK EVENTS: 10:00 am 3000 meter run 11:00 am 1500 meter racewalk 11:30 am 80/100m hurdles 12:00 pm 100 meter dash 12:40 pm 1-mile run 1:10 pm 400 meter dash 1:45 pm 200 meter dash 2:15 pm 800 meter run 2:45 pm 4x100 meter relay	FIELD EVENTS: 9:00 am Open Weight Throw 9:20 am Women's M.R. Pentathlon begins 9:30 am Men's M.R. Pentathlon begins 10:00 am Discus – Women 11:00 am Discus – Men 60+ 12:30 pm Discus – M.R. Pentathlon 1:30 pm Discus – Men 45-59 2:30 pm Discus – Men under 45 11:00 am Shot Put 1 (men 19-59) 1:00 pm Shot Put 2 (women: youth 15-18; men 60+) 3:30 pm Super Weight Throw	FIELD EVENTS: 9:00am Throws Pentathlon (Hammer Throw first, then continues with Shot Put ~1015, Discus ~1130, Javelin ~1245, Weight Throw 2pm) 9:00 am Long Jump 1 (men 40-59) 9:00 am Javelin 1 (men 19-59) 9:00 am High Jump 1 (start<5 ft) 9:30 am Hammer Throw 10:00 am Pole Vault 1 (start<10 ft) 10:30 am Long Jump 2 (women: youth 15-18; men 19-39 & 60+) 11:00 am Javelin 2 (women: youth 15-18; men 60+) 12:00 pm Pole Vault 2 (start 10 ft) 12:00 pm High Jump 2 (start 5 ft) 12:00 pm Triple Jump	TRACK EVENTS: 9:00 am 300/400 m hurdles 9:20 am 3000 meter run 9:50 am 1-mile racewalk 10:20 am 100 meter dash (timed final) 11:00 am 1-mile run 11:40 am 80/100/110m hurdles 12:10 pm 100 meter AG final (age graded top 6 run against best) 12:35 pm 400 meter run 1:00 pm 3000 meter racewalk 1:45 pm 200 meter dash (finals based on time) 2:20 pm 800 meter run 2:50 pm 4x100 meter relay 3:10 pm 4x400 meter relay
YOUTH FIELD EVENTS: 9:00 am Shot Put 10:00 am High Jump 12:00 pm Long Jump 1:00 pm Turbo-Javelin USATF rules apply	TRACK EVENTS: 8:30 am 10K track run 9:30 am 5K track run 3:00 pm 5K & 10K racewalk Pentathlon may delay Saturday events		

ENTRY FEES:

- Adults 19 & over:** \$9 for first event, \$7 for second & third event, \$6 for fourth & each additional event by mail
On-line: \$5.50 per event
- Athletes 18 & under:** \$8 for first event; \$6 for second & third event, \$5 for fourth & each additional event by mail
On-line: \$4.50 per event
- Weight Pentathlon:** \$25 (\$21.50 on-line) all events on Sunday
Events: Hammer, Shot Put, Discus, Javelin, Weight Throw
- Mark Richards Pentathlon:** \$25 (\$21.50 on-line) for five events
Events: Men: LJ/JT/200/DT/1500 Women: 100HH/HJ/SP/LJ/800

Pre-Registration Strongly Recommended

OPEN AWARDS:

- Potomac Valley Association **USA Track & Field medals** to first three PVA/USATF-registered athletes.
Open, and Masters (30 and up in each 5-year age group)
Potomac Valley Association includes Northern Virginia, DC, and Maryland.
- For all other athletes, PVTC medals. No duplication of awards.
- Potomac Valley Track Club medals** to first three athletes in the following age groups: 15-18, 19-24, and each 5-year age group thereafter.

YOUTH AWARDS are based on age as of December 31, 2009

- For youth events on Saturday, the 14 & under age group is divided into 8 & under, 9-10, 11-12, 13-14
- 8 & under--born 2001 or later
- 9-10--born in 1999 or 2000
- 11-12--born in 1997 or 1998
- 13-14--born in 1995 or 1996

LATE FEES --- \$10

- All entry fees for **youth** events or **Mark Richards Pentathlon** must be received by Saturday, September 5, at 8:30 am to avoid late fee of \$10.00 per person.
- All entry fees for **adult** events must be received by Sat. 9/5 at 8:30 am for Saturday events or by Sat. 9/5 at 2:00 pm for Sunday events, to avoid late fee of \$10.00 per person.
- Entries for each event close one hour before the event time listed.
NO EXCEPTIONS.

DIRECTIONS TO FALLS CHURCH H.S.:

- From I-495, take VA 50 east to first light
- Turn right on Jaguar Trail and continue on right into parking lot.

SANCTIONED by USA Track and Field (USATF)

- Open to competitors of all ages. Athletes 19 and over registered in PVA/USATF will be eligible for PVA/USATF Championship medals. USATF Rules apply. All others are eligible for Potomac Valley Track Club (PVTC) medals. You can join USATF/PVA at www.usatf.org

RESULTS:

- Results will be posted ASAP on our web site www.pvtc.org
- All-weather six-lane 400 meter track. Short spikes (1/4" or less) only.
- Javelin thrown off grass. We use PYRO BRIGHT timing system & wind gauge.

EVENT INFORMATION:

- **Order of events:** Unless stated otherwise, women first, then men, by age group from youngest to oldest. Age groups may be combined. .
- Registration closes one hour before time listed for the event.
- **Long Jump, Triple Jump, and throwing events:** Six jumps/throws per athlete. All athletes should supply their own implements. Some implements are available at the track. Implements will be inspected at check-in.
- USATF Rules apply. IE All field events are measured in meters.
- **Athletes 14 and under** are limited to participating in the Saturday youth events.
- **Athletes must be 15 or older** to compete in Sunday events.
- **Athletes 15-18** throw age appropriate weight implements.

ON-LINE DISCOUNT:

- Register on-line at www.pvtc.org and save \$\$ on each event

MARK RICHARDS PENTATHLON

Saturday 9/5

- Men:** Long Jump / Javelin / 200m / Discus / 1500m
Women: 100HH / High Jump / Shot Put / Long Jump / 800m

THROWS PENTATHLON:

- **THROWS Pentathlon on SUNDAY 9/6**
- All competitors get three throws. Approx time schedule Hammer 9:00 am, Shot Put ~10:15 am, Discus ~11:30 am, Javelin ~12:45 pm, Weight Throw 2:00 pm

FOR MORE INFO and to REGISTER ON-LINE

- Enter on-line via www.pvtc.org and save \$\$ on each event
- E-mail: cchasse.acds@juno.com
- Hotline: 703-481-3530
- Live on-line tech support: 703-505-3567

ENTRY FORM FOR POTOMAC VALLEY GAMES

SATURDAY, September 5, and SUNDAY, September 6, 2009

Make checks payable to **PVTC**

Mail to Potomac Valley Games, 1625 Fieldthorn Dr., Reston, VA 20194

If your mail requires confirmation, please send to Jay Wind, 611 South Ivy Street, Arlington, Virginia 22204

Name (*please print*) _____ Phone _____

Address _____ City/State/Zip _____

Gender (M/F) __ Date of Birth (MM/DD/YY) __ __ / __ __ / __ __ USATF/PVA # _____
only list USATF # if you live in MD/DC or Ffx/Arl counties or Alexandria,VA

E-mail (for confirmation only) _____ [] Add me to PVTC's e-mail group PVTC@yahoogroups.com

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the promoters, directors, Potomac Valley Track Club, USATF, Fairfax County Public Schools, and organizations and municipalities whose facilities are being used for this event, from any and all claims for damages suffered by me as a result of my participation in the above events. I specifically release and discharge said promoters, directors and their agents, etc., from all injuries or damages arising from or attributed to any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in above event, the same being my sole responsibility. I attest and verify that I am physically fit and have sufficiently trained for the Potomac Valley Games.

Your Signature: _____ Date: _____ Don't forget to enter your best times or marks!
(Parent's signature if athlete is under 18 years of age)

ATHLETES 14 & UNDER Age as of December 31, 2009 __ __	ADULTS Age as of September 5, 2009 __ __
Team Name _____ Coach Name _____ and	Throws Pentathlon \$25 = \$ _____
ATHLETES 15-18 Age as of December 31, 2009 __ __	Mark Richards Pentathlon \$25 = \$ _____
Event 1 _____ Best since August 2008 ____ : ____ @ \$8 = \$ _____	Event 1 _____ Best since August 2008 ____ : ____ \$ 9 = \$ _____
Event 2 _____ Best since August 2008 ____ : ____ @ \$6 = \$ _____	Event 2 _____ Best since August 2008 ____ : ____ \$ 7 = \$ _____
Event 3 _____ Best since August 2008 ____ : ____ @ \$6 = \$ _____	Event 3 _____ Best since August 2008 ____ : ____ \$ 7 = \$ _____
Event 4 _____ Best since August 2008 ____ : ____ @ \$5 = \$ _____	Event 4 _____ Best since August 2008 ____ : ____ \$ 6 = \$ _____
Event 5 _____ Best since August 2008 ____ : ____ @ \$5 = \$ _____	Event 5 _____ Best since August 2008 ____ : ____ \$ 6 = \$ _____
Event 6 _____ Best since August 2008 ____ : ____ @ \$5 = \$ _____	Event 6 _____ Best since August 2008 ____ : ____ \$ 6 = \$ _____
Relays (register on day of race, no late fee) @ \$20 = \$ _____	Relays (register on day of race, no late fee) . . \$24 = \$ _____
Late Fee -- Saturday, Sept 5 after 8:30 am(youth or Saturday events for Adults) or after 2pm (Sunday events),. + \$10 = \$ _____	
TOTAL ENCLOSED (payable to PVTC) = \$ _____	

Mail to Potomac Valley Games, 1625 Fieldthorn Dr., Reston, VA 20194 If you mail it confirmation required: Jay Wind 611 South Ivy Street, Arlington, Virginia 22204