



# 2010 Virginia Association Masters And Open Outdoor Track & Field Championships

Maggie Walker Governors School 1000 Lombardy Street Richmond, Va. 23230 Saturday June 26, 2010  
Sign-in And registration Begins At - 7:00 AM Officials Meeting - 8:15 AM Certification Of Implements Begins At 7:30 AM  
Meet Start Time: Track Events - 7:30 AM Field Events - 9:00 AM

Ages: Open 18-29, Submasters 30-39 men - 30-39 women, Masters continues in 5 year increments

5000M (Men) 3000M (Women) 3000 Meter Race Walk 4 x 800M Relay (Open Only) High Hurdles 100M 1500M 4 x 100M Relay  
400M Intermediate Hurdles 800M 200M 4 x 400M Relay Long Jump Shot Put Pole Vault Triple Jump Discus

8 lane 400 meter oval track (Martin Surface) 1/4 inch regular spikes only Fully Automatic Timing

Medals To Top 3 In All Events Association Championship Medals For Virginia Members

USATF Sanctioned Meet



### DIRECTIONS

From West of Richmond : Take I-64 East. Take Exit 76B .Belvidere Street Turn Right onto W Leigh Street , go .5 miles Turn Right onto Lombardy Street  
From East Of Richmond: Take I-64 West. Take Exit 76A Chamberlayne Ave Make 1st Left onto Chamberlayne. Go to 1st stoplight.  
Turn Right onto Leigh Street, go .5 miles Turn Right onto Lombardy Street.  
From North of Richmond : Take I 95 South. Take I-64 East. Take Exit 76B .Turn Right onto W Leigh Street , go .5 miles Turn Right onto Lombardy Street.  
From South Of Richmond: Take I-95 North. Take Exit 76A Chamberlyne Ave Make 1st LeftTurn onto Chamberlayne. Go to 1st stoplight.  
Turn Right onto Leigh Street, go .5 miles Turn Right onto Lombardy Street

### 2010 Virginia Association Masters And Open Outdoor Track & Field Championships Mail-in Entry Form

Entries Must Be Post Marked by June 19, 2010

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 the 2010 Virginia Masters And Open 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 Virginia Association USA Track & Field, Maggie Walker govendors School, their employees, officersvolunteers, agents, 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. I acknowledge that my entry fee is nonrefundable.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

First Name \_\_\_\_\_ Last Name: \_\_\_\_\_

Sex : Male Female \_\_\_\_\_ Date of Birth MM/DD/YYYY 2010 USATF Membership # **REQUIRED** : \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Club Affiliation: \_\_\_\_\_ Club #: \_\_\_\_\_

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**ATTENTION!!!!!! NO ONSITE USATF REGISTRATION**

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**\*\* Registration Is Available For Relays Until 30 Minutes Before The Start Of The Relay \*\* Registration ends for all other running events at 10:00 AM \*\***

### Circle Events You Wish To Enter

5000M (Men Only) 3000M (Women Only) 3000M Race Walk 4 x 800M Relay (Open Only) High Hurdles 100M 1500 M 4 x 100M Relay  
400M Intermediate Hurdles 800M 200M 4 x 400M Relay Long Jump Pole Vault High Jump Discus Triple Jump Shot Put

Entry Fees \$15 1st event \$5 each additional event - no limit \$20 relays late fee day of the Meet \$25

For more information call Joe Mack at (804) 236-0951

First event (\$15) \_\_\_\_\_ \$15

Number of Additional events \_\_\_\_\_ X \$ 5 = \_\_\_\_\_

Number of Relays \_\_\_\_\_ X \$20 = \_\_\_\_\_

Total Entry Fees \_\_\_\_\_

Make Checks Payable To: Virginia Association USATF

Mail Forms and Checks by June 19, 2010 To: Va. Masters Track & Field Attention : Joe Mack

6744 Fox Downs Drive

Henrico, Virginia 23231

# 2010 Virginia Association Masters And Open Track & Field Championships Order Of Events

Order of competition will be youngest to oldest

## RUNNING EVENTS

Rolling Schedule Beginning At 11:00 AM

7:30 AM 5000 Meters (Men)

8:00 AM 3000 Meters (Women)

8:15 AM 3000 Race Walk (Men & Women together)

Remaining Running Events Begin At 11:00 AM with the Womens events followed by the Mens events

High Hurdles

100 Meters

1500 Meters

4 x 100 Meters Relay

400 Meters

Intermediate Hurdles

800 Meters

200 Meters

4 x 400 Meters Relay

## FIELD EVENTS

Registration For Each Field Event Closes 45 Minutes Before The Event Starts

9:00 AM Long Jump

Discus

Pole Vault

High Jump

Triple Jump

Shot Put

**NOTES:** All entries be done via U.S. Mail

USATF Membership Numbers are required register at [WWW.USATF.org](http://WWW.USATF.org)

Proof of Age is required!!!

All mailed entries must be post marked by June 19, 2010

Athletes are required to listen closely to announcements, and to check with their event official, to make sure they do not miss the start of their event. All athletes should be checked in at least half an hour before event is scheduled to begin.

No Team Championship Will Be Contested For This Meet!!!

Awards may be picked up upon completion of the event at the awards table. The first 3 places in Association and non Association divisions will receive medals for males and females.