

POTOMAC VALLEY TRACK CLUB PRESENTS THE 33rd ANNUAL

POTOMAC VALLEY GAMES

OPEN TRACK & FIELD MEET FOR ALL ATHLETES OF ALL AGES

LANGLEY HIGH SCHOOL, McLEAN, VIRGINIA

6520 Georgetown Pike, McLean VA 22101

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

SATURDAY-SUNDAY, AUGUST 30-31, 2008

2008 USATF Potomac Valley Association

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

plus MARK RICHARDS PENTATHLON • SPECIAL WEIGHT PENTATHLON



| Saturday, August 30 (athletes 14 & under) | Saturday, August 30 (athletes 15 & over) | Sunday, August 31 (athletes 15 & over) | Sunday, August 31 (athletes 15 & over) |
|---|---|---|---|
| 8:00 am Registration opens | 8:00 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 (also first event of Special Weight Pentathlon) 9:30 am M.R. Pentathlon begins with Long Jump 10:00 am Discus – Women 11:00 am Discus – Men 65+ 12:30 pm Discus – M.R. Pentathlon 1:30 pm Discus – Men 45-64 2:30 pm Discus – Men under 45 5:00 pm Hammer Throw (at Falls Church High School) | FIELD EVENTS: 9:00 am Long Jump 1 (men 40-59) 9:00 am Pole Vault 1 (start<10 ft) 9:00 am Shot Put 1 (women; youth 15-18; men 60+) 9:00 am Javelin 1 (men 19-59) 9:00 am High Jump 1 (start<5 ft) 10:30 am Long Jump 2 (women; youth 15-18; men 19-39 & 60+) 10:30 am Pole Vault 2 (start 10 ft) 12:00 pm High Jump 2 (start 5 ft) 1:00 pm Javelin 2 (women; youth 15-18; men 60+) 1:00 pm Shot Put 2 (men 19-59) 1:00 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 (finals or trials, if needed) 11:00 am 1-mile run 11:40 am 80/100/110m hurdles 12:10 am 100 meter finals (for age groups requiring trials) 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: 10:30 am High Jump 12:00 pm Long Jump 1:30 pm Shot Put 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 by mail:

(save \$3.50 per event on-line)

- **Adults 19 & over:** \$9 for first event, \$7 for second and third event, \$6 for fourth and each additional event.
- **Athletes 18 & under:** \$8 for first event; \$6 for second and third event, \$5 for fourth event and each additional event.
- **Weight Pentathlon:** \$35, includes entry in individual events
Events: **Weight Throw (9 am Sat.), Discus, Hammer, Javelin, Shot**
- **Mark Richards Pentathlon:** \$25
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, 2008

- For youth events on Saturday, the 14 & under age group is divided into 8 & under, 9-10, 11-12, 13-14
- 8 & under--born 2000 or later
- 9-10--born in 1998 or 1999
- 11-12--born in 1996 or 1997
- 13-14--born in 1994 or 1995

LATE FEES --- \$10

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

DIRECTIONS TO LANGLEY HIGH SCHOOL:

- From I-495, take Exit 44, VA 193 (Georgetown Pike) east 1 mile. School on left.
- From George Washington Memorial Parkway, take VA 123 south 1 mile past CIA to VA 193 west. School is on right.
- Parking is available all around the school building. Track is in back.
- 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.

SANCTIONED by USA Track and Field (USATF)

- Open to competitors of all ages. Athletes 15 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 PVA or PVTC when you register on race day, or via their web sites.

RESULTS:

- Results will be posted ASAP on our web site www.pvtc.org

EVENT INFORMATION:

- **Order of events:** Unless stated otherwise, women first, then men, by age group from youngest to oldest. Age groups may be combined. Trials may be converted to finals. 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.
- USATF Rules apply.
- **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 college weight implements. All field events are measured in meters.

ON-LINE DISCOUNT:

- Register on-line at www.pvtc.org and save \$3.50 per event

MARK RICHARDS PENTATHLON

Saturday 8/30

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

SPECIAL WEIGHT PENTATHLON:

- **Special Weight Pentathlon** athletes also score in the five individual throwing events. All competitors get six throws.
- **Special Weight Pentathlon order of events:**
Saturday: Weight Throw, Discus Throw, Hammer Throw (Hammer is at Falls Church High School)
Sunday: Shot Put, Javelin

FOR MORE INFO and to REGISTER ON-LINE

- Enter on-line via www.pvtc.org and save \$3.50 per 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, AUGUST 30, and SUNDAY, AUGUST 30, 2008

Make checks payable to **PVTC**

Mail to Potomac Valley Games, c/o Craig Chasse, 1625 Fieldthorn Dr., Reston, VA 20194

Name (please print) _____ Phone _____

Address _____ City/State/Zip _____

Gender (M/F) __ Date of Birth (MM/DD/YY) __/__/__ USATF/PVA # _____

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, 2008 ____ | ADULTS Age as of August 31, 2008 ____ |
|---|--|
| Team Name _____ | Special Weight Pentathlon \$35 = \$ ____ |
| Coach Name _____ | (\$35 includes individual event entry) |
| and | Mark Richards Pentathlon \$25 = \$ ____ |
| ATHLETES 15-18 Age as of December 31, 2008 ____ | |
| Event 1 _____ Best since August 2007 _____ : @ \$8 = \$ ____ | Event 1 _____ Best since August 2007 _____ : \$ 9 = \$ ____ |
| Event 2 _____ Best since August 2007 _____ : @ \$6 = \$ ____ | Event 2 _____ Best since August 2007 _____ : \$ 7 = \$ ____ |
| Event 3 _____ Best since August 2007 _____ : @ \$6 = \$ ____ | Event 3 _____ Best since August 2007 _____ : \$ 7 = \$ ____ |
| Event 4 _____ Best since August 2007 _____ : @ \$5 = \$ ____ | Event 4 _____ Best since August 2007 _____ : \$ 6 = \$ ____ |
| Event 5 _____ Best since August 2007 _____ : @ \$5 = \$ ____ | Event 5 _____ Best since August 2007 _____ : \$ 6 = \$ ____ |
| Event 6 _____ Best since August 2007 _____ : @ \$5 = \$ ____ | Event 6 _____ Best since August 2007 _____ : \$ 6 = \$ ____ |
| Relays (register on day of race, no late fee) @ \$20 = \$ ____ | Relays (register on day of race, no late fee) . . \$24 = \$ ____ |
| Late Fee -- after 8:30 am, Saturday, August 30 + \$10 = \$ ____ | |
| TOTAL ENCLOSED (payable to PVTC) = \$ ____ | |