



2019 USATF Super Regional Masters T&F Championships

Sat. – Sun., June 1-2, 2019 – Howard Community College, Columbia, Maryland



The 2019 USATF Super Regional Masters T&F Championships is a combined East Region/Southeast Region Event
Held in conjunction with the USATF Potomac Valley Association Masters Championships

ONLINE ENTRIES ARE PREFERRED
THERE IS A \$5 SURCHARGE FOR MAIL-IN ENTRIES

Make Checks Payable to **POTOMAC VALLEY TRACK CLUB**

- Eligibility:** Competition is open to all men and women 19 years of age and older. Age on **June 1, 2019** will determine a competitor's age division. Proof of membership with USA Track & Field will be required from all U.S. citizens. You must obtain a 2019 USATF membership through your local Association or online at www.usatf.org/membership. You may represent a USATF club as long as the club affiliation is part of your USATF membership record. Proof of birth date will be required from all competitors. A photocopy of your passport or birth certificate **MUST** be sent with your entry form to assure eligibility, unless your DOB is already "verified" on your USATF membership card.
- Age Divisions:** Competition will be held in 5-year age groups starting at age 30. Athletes aged 19-29 will compete in a single open age group. Relays will be contested in 5-year age groups.
- Entry Fees/Deadlines:** \$25.00 for first event (\$30 mail-in); \$40 for the Pentathlon (\$45 mail-in); \$10.00 for each additional event. All mail-in entries must be received by May 24, 2019. The on-time on-line deadline is 11:59 pm EDT on May 24, 2019. Late entries will be accepted (on-line only) until 11:59 pm on May 29, 2019. There is a \$10 late fee. Relay fees will be collected the day of race only. Make checks payable to **Potomac Valley Track Club**.
- Rules:** This Super Regional Masters Championship will be run under the 2019 USATF Rules of Competition. Six (6) attempts in throwing events and horizontal jumps.
- Throwing Implements:** Meet Implements will be provided for ALL throwing events; personal implements may be used; all implements will be weighed and measured prior to the competition.
- Surfaces:** The track is a 400m, 8-lane Beynom 1000 surface; javelin runway as well as jump runways and aprons are the same; only ¼" spikes permitted.
- Hurdles:** 27" hurdles will be available for W60+ and M80+ as applicable. **Deadline for hurdle entries is May 24, 2019 – NO EXCEPTIONS.**
- Awards:** Regional Championship medals will be awarded for the first three finishers in each event from each region; Potomac Valley Association Championships medals will be awarded to the first three finishers in each event from that association as well. Guest competitors from outside the East and Southeast Regions will be awarded duplicate medals but will not displace competitors from those regions.



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Completed paper entry form must be received by May 24, 2019. Mail form to:

Jerry Bookin-Weiner
5678 Thicket Lane
Columbia MD 21044

On-time On-line entry deadline: May 24, 2019, 11:59 pm EDT
Late On-line entry deadline: May 29, 2019, 11:59 pm EDT
On-line entry link: Go to www.pvtc.org/superregional

Name _____ Age (on 6/1/19) _____ Birth date _____ Male/Female _____

Address _____ Phone _____

City/State/ZIP _____ 2019 USATF No. _____

USATF Association _____ Email _____

EVENT ENTRY

Event (Best Mark '18-'19)

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

Entry Fees (checks payable to Potomac Valley Track Club)

First Event (\$30; \$45 for Pentathlon) _____

Additional Events ____ @ \$10 each _____

Super Regional T-Shirt Circle Size S M L XL XXL ____ @ \$20 each _____

TOTAL \$ _____

¶ I have a disability for which I am requesting an accommodation. All requests for accommodations must be received six weeks prior to the date of competition. Visit www.usatf.org/about/legal/policies/ADA.asp for USATF's ADA policy.

Waiver (Must be signed in order to compete): In exchange for acceptance of this entry, I for myself, executors, administrators and assigns, do hereby release any right and claims for damages to me or my property I may have against Potomac Valley Track Club, Howard Community College, USATF, USATF Potomac Valley Association, Howard County, Maryland and any and all sponsors and individuals involved with the presentation and conduct of this meet. I hereby attest that I have full knowledge of the risk involved in competing in this event and am physically fit and sufficiently trained to participate in this event. By entering this competition, I grant USA Track & Field, Inc. a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, 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 the sport of Athletics. In no event, however, will such usage constitute an endorsement of any product or service without my specific written consent.

Signed _____ Date _____