

2010 Sportsplex/ USATF Potomac Valley Association USATF East Region Masters Championships

Saturday, March 13, 2010

USATF Sanctioned Meet



Order of Events (tentative)

- 7:00 am** Late Registration (until 9:00am) and Packet Pickup
9:00 am Weight Throw followed by Superweight Throw
9:00 am 60m Hurdles (trials if necessary)
11:00 am Long Jump, Triple Jump, High Jump, Pole Vault
11:00 am Running Events in the following order - 3000m Race Walk, 60m (trials if necessary), 3000m, 400m, 1 mile run, 200m, 800m, 60m (finals), 4 x 200 meter relay, 4 x 400 meter Relay
12:00 pm Shot Put

- All events are FINALS on Time. (Except the 60m)
- Events will be run: women first, then men / youngest to oldest age divisions (except Shot Put which will be oldest to youngest)
- Field Event Flights: 30-49 women, 50+ women, 30-49 men, 50-59 men, 60-69 men, 70+ men, (age divisions may be merged into flights of 12 or less)
- Age Divisions: Open (19-29), Masters (30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69....)
- Relays are 10-year age divisions (30-39, 40-49....)
- Throwing implements will be provided. Athletes may bring their implements

Entry Information

Online Entries Preferred – <http://www.usatf.org/events/2010/EastRegionMastersIndoorChampionships>

Entry Fees: \$25.00 1st event online (\$30 by mail, plus \$5.00 East Region Surcharge – Mandatory for all competitors)
\$10.00 for each additional event – no limit
\$35.00 late fee (see deadlines below)
\$30 per relay (enter on-site only)

Entry Deadlines: On-Time: *Mail* - postmarked on or before March 5
Online - March 8 by 11:59 pm ET
Late: *Mail* - postmarked March 6-8 (\$35.00 late fee)
On-Site - March 13 from 7:00am – 9:00am (\$35.00 late fee)

USATF Membership: To enter you must be a 2010 USATF Member. You may renew/join at www.usatf.org/membership
Not sure if you have a 2010 membership? Visit www.usatf.org/membership/help/number.asp

Mail-In Entries: Send to: PGSLC Attn- Track Venue * 8001 Sheriff Road * Landover, MD. 20785
Payment Options: Credit Card, Money Orders, Cash - No personal checks

Additional Information

Website: <http://www.usatf.org/events/2010/EastRegionMastersIndoorChampionships>

Meet Director: Tony Reid, (301) 583-2661

Spectators Admission: \$5.00

Venue Specifications: 6-lane, 200-meter oval track, *NEW!* Mondo track surface,
¼ inch *PYRAMID* spikes only, No food or drinks on track surface.

Directions:

From 495: Take Landover Rd. exit 17b-
Landover Road. Once off ramp, proceed to far
left lane. At first stoplight, turn left onto
Brightseat Rd. Proceed straight through the
traffic signal onto Redskins Rd.; follow signs to
Sportsplex Auxiliary Parking Lot "D". Park to
rear of the lot, Complex is a 150 yards walk
from the lots.

From Sheriff Rd: Follow Sheriff Rd. toward
FedEx Field past the Sportsplex entrance. Stay in
right hand lane. Take a right turn before the light
at Sheriff and Brightseat Rd. intersection onto
Redskin Rd.; follow signs to Sportsplex Auxiliary
Parking Lot "D". Park to rear of the lots,
Complex is a 150 yards walk from the lots.

