

**The Seattle Masters Classic & SUBWAY® Washington Games
JULY 17, 2010**

West Seattle Stadium, Seattle, Washington

HOSTED BY FrontRunners Track Club, Seattle Masters Athletic Club,
The SUBWAY® Washington Games and USATF Pacific Northwest Masters

EVENT SCHEDULE

SATURDAY 7/17	TRACK EVENTS		FIELD EVENTS
9:30	5K Racewalk	W-M	8:30 Javelin W-M
10:15	5K Run	W-M	9:45 Discus W-M
11:00	100 m	W-M	11:00 Long Jump W-M
11:30	Hurdles: 80, 100, 110m	W-M	Pole Vault W-M
12:00	1500m	W-M	
			To follow LJ Triple Jump W-M
12:30	400m	W-M	11:45 Shot Put W-M
1:00	4x100 relay		2:00 High Jump W-M
1:15	2000m Steeplechase	W-M60+	1:45 Hammer W-M
1:35	3000m Steeplechase	M30-59	2:45 Weight W-M
2:05	200m	W-M	3:45 Superweight W-M
2:35	800m	W-M	
3:05	4x400 Relay	W-M	

Events may run up to 30 minutes earlier than scheduled. All events are finals.
Implement weigh-in one hour prior to event. Meet implements provided by SMAC.

GENERAL INFORMATION

Eligibility: USATF Member Athletes, Men and Women 30 yrs. and older. Five Year Age Divisions,
Non-USATF members cannot use online registration and are not eligible for Association awards.

Online Registration Preferred:

www.usatf.org/events/2010/SeattleMastersClassic/SubwayWashingtonGames

Entry Fees: \$15.00 first event, \$7.00 each additional event, \$5.00 Officials Association Fund (optional)

Entry Deadline: Entry must be postmarked by July 5. Late entry (postmarked by 7/12) add \$15.00

DAY OF MEET ENTRIES \$25 plus regular entry fees

Awards: Medals for first, second, third places

PNTF Championship Awards for USATF registered Pacific Northwest Association Athletes only

Included: All entrants receive a SUBWAY® Washington Games/Seattle Masters Classic t-shirt

Relays: Run in ten year age groups, request teams wear distinguishable tops

Fee: \$10.00 per team; declare teams one hour prior to event

Numbers and Heat Listings: Available at track site one hour prior to first event

Facility: Eight lane, 400 meter polyurethane track (runways are polyurethane as well)

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ONLINE ENTRIES PREFERRED

The Seattle Masters Classic & SUBWAY® Washington Games Entry Form Paper entry form required for non-USATF members

Name _____

Gender: M___ F___ Age (as of 7/17/10) _____ USATF # _____

T-Shirt Size (circle): XS S M L XL XXL 3XL

Address _____

City _____ State _____ Zip _____

E-Mail _____

Phone _____ Club Affiliation _____

Events Entered

Best 2009-2010 Performances (for seeding purposes)

1. _____ 4. _____

2. _____ 5. _____

3. _____ 6. _____

Relays: 4x100 _____ 4x400 _____

ENTRY FEES (Make Checks Payable to: Seattle Masters A.C.)

Mail to: George Mathews
9787 Country Club Dr
Hayden Lake, Id, 83835

First Event: \$15.00
Additional Events: _____ x \$7.00 \$ _____
Late Fees \$ _____
Officials Assoc. Fund (optional) \$ _____
Total Due \$ _____

INFORMATION: E-MAIL: george.mathews@roadrunner.com

PHONE: 208-691-0193

Waiver of Liability: (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 USATF, Pacific NW Assoc., City Of Seattle Parks & Recreation, Pacific NW Officials Assoc., Seattle Masters AC, Frontrunners Track Club, their agents, representatives, officers, employers, or sponsors for any and all injuries, damages and/or claims which might otherwise have arising out of said event. 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 _____