



SEATTLE MASTERS CLASSIC JULY 21, 2012
USATF NORTHWEST REGION, PACIFIC NORTHWEST ASSOCIATION MASTERS T&F
AND THROWS PENTATHLON CHAMPIONSHIPS

Tentative Schedule. Final schedule will be posted at PNTF.org when entries close.
 On-time entries must be postmarked by July 9. Late entries must be postmarked by July 16.

Hosted by Seattle Masters Athletic Club, Seattle Frontrunners & USATF Pacific NW Masters Committee

TIME	TRACK EVENTS			TIME	FIELD EVENTS	
8:45	5k Racewalk	M-W		8:30	Javelin	M-W
9:30	5k Run	M-W		9:45	Hammer	M-W
10:15	80m Hurdles	M-W				
10:30	100m Hurdles	M-W				
10:45	110m Hurdles	M				
11:00	100m dash	M-W		11:00	Shot Put	M-W
11:30	200m Hurdles	W 70+		11:00	Long Jump	M-W
11:45	300m Hurdles	M-W		11:30	Pole Vault	M-W
12:00	400m Hurdles	M-W		to follow LJ	Triple Jump	M-W
12:15	1500m run	M-W				
12:45	400m dash	M-W		12:45	Discus	M-W
1:15	4x100m relay	M-W		1:00	High Jump	M-W
1:30	800m run	M-W				
2:00	200m dash	M-W				
2:30	4x800m relay	M-W		2:45	TP Javelin	M-W
3:00	4x400m relay	M-W		3:15	Weight	M-W
3:30	2000m Steeplechase	W-M60+				
3:45	3000m Steeplechase	M30-59		3:45	Superweight	M-W

Sanctioned by USATF. NW Region meeting after last event. Pizza & drinks free.

Throws pentathlon will be scored based on 1st three throws of each of the throws events. TP javelin will be run on the 77 ft runway next to the west shot put circle.

AWARDS: Medals awarded for 1st, 2nd, 3rd for Region and Association.

Implements: Throws implements must be checked in at least one hour prior to the event.

RELAYS: Run in 10 yr age groups. Team must wear distinctive tops. Fee \$10/team. Declare 1 hr before event.

Detach entry form and mail with payment to: George Mathews, 22437 SE Highland Ln., Issaquah, WA 98029

Make checks payable to: Seattle Masters AC. Contact info: georgemathews99@gmail.com, 208-691-0193

Name _____ Age (on 7/21/12) _____ Birth Date _____ Male _____ Female _____

Address _____ Phone _____

City/State/ZIP _____ 2012 USATF # _____

Club Affiliation _____ Email _____

____ Yes, I will need ADA accommodation. Documentation must be received by USATF 6 weeks prior to competition.

EVENT	Best mark 2011-12	Entry Fees
1. _____	_____	First event \$20.00 = _____
2. _____	_____	Additional events _____ X \$10.00 = _____
3. _____	_____	Throws Pentathlon \$10.00 = _____
4. _____	_____	Late Fee (7/16) \$15.00 = _____
5. _____	_____	Day of meet entry fee \$30.00 = _____
6. _____	_____	Official's fund (optional) _____
		TOTAL _____

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, Seattle Frontrunners, 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 _____