

2021 Mid-America Region Masters & Open Championships

& Rocky Mountain Masters Games

Colorado State University, Ft. Collins, CO

August 14 & 15, 2021 (3 weeks before Labor Day weekend)

Sanctioned by USATF; Sponsored by Colorado Masters Track & Field Club

Schedule of Events

Friday, August 13, 5:00 PM

40th RMMG celebration at
Best Western on College Dr.

Saturday, August 14

8:00 Hammer, 19-69 men
Shot Put, women & 70+ men

8:15 3K Race Walk

8:45 3K Run on track

9:00 Shot Put, 19-69 men

Hammer, women & 70+ men

10:00 Discus, 19-69 men

11:30 Discus, women & 70+ men

12:00 Javelin, 19-69 men

2:00 Javelin, women & 70+ men

Weight Throw, ALL (first flight)

Super Weight after Wt. Throw

5:30 Colorado Masters Meeting & Dinner at Best Western on College Dr. -- participants, officials, family & friends are invited.

Sunday, August 15

8:30 Mile Run (5280 feet!)

Throws Pentathlon

8:45 Open Pole Vault (start below 10')

9:00 80m High Hurdles

100m High Hurdles

110m High Hurdles

9:30 High Jump (start at low height)

9:45 100m

10:00 Long Jump

10:45 800m

11:00 Masters Pole Vault (start at 5')

11:15 50m

11:45 Predict Time Fun Mile

12:30 200m

1:00 Triple Jump

Open Pole Vault (start at 10')

1:30 300m Intermediate Hurdles

400m Intermediate Hurdles

1:45 400m

4x100m Relay

4x100m Mixed Fun Relay

100m handicapped by age & sex

Age Groups**

Masters, 5 year age groups:
35 - 39, 40 - 44, 45 - 49, etc.

Submasters:

19 - 24, 25 - 29, 30 - 34

**Age as of first day of meet

Awards:

Places 1-3 in each event receive medals, with no limit on the number of medals a competitor can earn.

Entry Deadline: Entry forms must be received by August 7th. Registration day of meet will not be available.

Registration (please write legibly!)

Circle Events Entered

Track events:

50m	100m	200m
400m	800m	mile
3000m	3K Race Walk	80m HH
100m HH	110m HH	300m IH
400m IH		

Field events:

High Jump	Pole Vault	Long Jump
Triple Jump	Shot Put	Discus
Javelin	Hammer	Wt. Throw
Super Weight	Throws Pent.	

In the open throwing events on Saturday, a total of six throws may be taken in each event. In the Throws Pentathlon, three throws are allowed with each implement.

Cost:

Entry fee & first event \$ 25.00

No. of additional events

_____ x \$5 = \$ _____

Event Total:

Rocky Mountain Masters Games \$ _____

T-shirts are \$15 (circle size): \$ _____

SM MED LG XL XXL

40th RMMG get-together support \$ _____

GRAND TOTAL:

\$ _____

Pole vault only non-Masters total fee is \$15

Make checks payable to
"CMTFC"

**Mail registration and check to:
Colorado Masters Track & Field Club
c/o Jim Weed
2203 E. 149th Ave., Thornton, CO 80602**

() I have a disability for which I am requesting an accommodation. (Visit www.usatf.org/about/legal/policies/ADA.asap.)

My Americans With Disabilities Act accommodation request is:

Contacts

Jim Weed, 303-520-3088
rockymtnmastersgames@msn.com
Roman Marenin, 818-523-8158

Throws & Implements:
Tim Edwards, 720-397-1826
tedwa851@gmail.com

Name:

Address:

City:

State:

ZIP:

Phone:

Email:

Gender:

Age:

Birthdate:

USATF 2021#:

To compete in these events (the Mid-America Championships and Rocky Mountain Masters Games), I do, for myself, my heirs, and my administrators, waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue to me or my heirs against Colorado USA Track and Field, the sponsors, officers, and agents thereof. I certify that I am in good physical condition and recognize that this meet will be held at high altitude (~5000 ft.) and that the weather conditions can vary from very hot to very cold in short periods of time.

Signed:

Date:

**Results will be posted soon after meet at
www.coloradomasterstrackandfield.club.
This is the CMTFC home page.**

**Covid protocol per "www.USATF.org"
at time of meet will be enforced**