

# 2020 Colorado Association & Mid-America Region Masters & Open Indoor Track & Field Championships

University of Colorado (UCCS), 760 N Campus Hts, Colorado Springs 80918

Saturday, February 22, 2020

Sanctioned by USA Track & Field

Schedule of Events	Registration	!!PLEASE PRINT LEGIBLY!!																		
<p><b>Field Events</b></p> <p>9:00 Shot Put, followed by Weight Throw, followed by Super Weight Throw</p> <p>9:00 Open pole vault (start @ 5')*</p> <p>10:00 Long Jump</p> <p>11:00 High Jump</p> <p>11:30 Masters pole vault (start @ 5') Triple Jump</p> <p>1:15 Open pole vault (start @ 10')*</p> <p><b>Track Events</b></p> <p>9:45 60m Hurdles</p> <p>10:30 60m Dash</p> <p>11:30 3000m Race-Walk</p> <p>12:15 800m Run</p> <p>12:45 200m Dash</p> <p>1:30 1500m Run</p> <p>2:15 3000m Run</p> <p>2:45 400m Dash 4 X 1 lap relay (4 X 200m) after 400m Run</p> <p><i>*Pole vault warm-up 1 hr. before event</i></p> <p>This schedule will be followed as closely as possible, but, depending on entries, the meet may run faster or slower than planned. The public address system will announce any changes in event times.</p> <p><b>Age Groups*</b></p> <p><b>Masters</b> 5-year age groups: 35 – 39, 40 – 44, 45 – 49, etc.</p> <p><b>Open &amp; Sub-masters:</b> 13 - 29, 30 – 34 *Age as of day of meet</p> <p><b>Awards:</b> Places 1-3 in each event receive Mid-America Region medals.</p> <p><b>Entry Deadline:</b> Pre-registration is preferred. Registration on the day of the meet is acceptable up to 1 hour before the first event entered. <i>Hurdles entries must be received before the day of the meet.</i></p> <p><b>Parking:</b> Equipment may be dropped off at the field house, but the main lot below should be used for parking.</p> <p style="text-align: center;"><b>Contacts</b></p> <p><b>Jim Weed, 303-520-3088</b> rockymtnmastersgames@msn.com</p> <p><b>Jerry &amp; Christel Donley</b> 719-635-1264</p> <p><b>Throws &amp; Implements:</b> <b>Tim Edwards, 720-397-1826</b> tedwa851@gmail.com</p>	<p style="text-align: center;"><b>Circle Events Entered Below:</b></p> <p><b>Field events</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">High Jump</td> <td style="width: 33%;">Pole Vault</td> <td style="width: 33%;">Long Jump</td> </tr> <tr> <td>Triple Jump</td> <td>Shot Put</td> <td>Wt. Throw</td> </tr> <tr> <td colspan="3">Super Wt. Throw</td> </tr> </table> <p><b>Track events</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">60m</td> <td style="width: 33%;">200m</td> <td style="width: 33%;">400m</td> </tr> <tr> <td>800m</td> <td>1500m</td> <td>3000m</td> </tr> <tr> <td>3k Race Walk</td> <td>60m HH</td> <td>4x1 lap Relay</td> </tr> </table> <p><b>Cost</b></p> <p>Entry fee and first event           \$ <u>35.00</u></p> <p>No. of additional events _____ x \$5   \$ _____</p> <p>Event Total Cost                       \$ _____</p> <p>Tax deductible donation               \$ _____</p> <p><b>Grand Total</b>                           \$ _____</p> <p style="text-align: center;"><b>Pole vault only – age 13-29 fee is \$20</b></p> <p style="text-align: center;"><b>Make checks payable to “CMTFC”</b></p> <p style="text-align: center;"><b>Cash is okay at the meet, but no credit cards please.</b></p> <p>( ) I have a disability for which I am requesting an accommodation. (Visit <a href="http://www.usatf.org/about/legal/policies/ADA.asap.">www.usatf.org/about/legal/policies/ADA.asap.</a>)</p> <p>My Americans With Disabilities Act accommodation request is:</p>	High Jump	Pole Vault	Long Jump	Triple Jump	Shot Put	Wt. Throw	Super Wt. Throw			60m	200m	400m	800m	1500m	3000m	3k Race Walk	60m HH	4x1 lap Relay	<p>Name:</p> <hr/> <p>Address:</p> <hr/> <p>City:</p> <hr/> <p>State:                                       ZIP:</p> <hr/> <p>Phone:</p> <hr/> <p>Email:</p> <hr/> <p>Gender:                                    Age:</p> <hr/> <p>Birthdate:</p> <hr/> <p>USATF 2020#:</p> <hr/> <p>I recognize the risks in a competition of this sort, which include being held at high altitude (~6000 feet), with dry air. I state that I am in the physical condition needed to compete in the events entered and recognize that these events require strenuous physical effort. I release and discharge all claims for injury and damages which I may claim arising out of my competing in this meet against USATF, Colorado Association USATF, Colorado Masters Track &amp; Field Club, the state of Colorado, the University of Colorado and its board of regents, related departments, their agents, servants and employees. This release is binding on my heirs, executors and assigns.</p> <p>Signed:</p> <hr/> <p>Date:</p> <hr/>
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	<p>Mail registration and check to: Colorado Masters Track &amp; Field Club c/o Jim Weed 2203 E. 149<sup>th</sup> Ave. Thornton, CO 80602</p> <p>Results will be posted soon after the meet at the CMTFC website: <a href="http://www.coloradomasterstrackandfield.club">www.coloradomasterstrackandfield.club</a></p>																			