

TEXAS MASTERS CHAMPIONSHIPS OPEN & MASTERS CHAMPIONSHIPS

SATURDAY July 10, 2010 COPPELL HIGH SCHOOL

SPONSORED BY THE DALLAS MASTERS TRACK AND FIELD CLUB
MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS AND OPEN DIVISION
ENTRY FEES: PRE-REGISTERED BY JULY 6, 2010 \$20.00 FIRST EVENT, \$5.00 EACH ADDITIONAL
AFTER JULY 6: \$25.00 FIRST EVENT \$5.00 EACH ADDITIONAL

RELAYS \$20.00 *****ALL HURDLE EVENTS MUST BE PRE-REGISTERED***** WGT PENTATHLON \$35.00

ENTRIES CLOSE AT 3:00 PM

SCHEDULE OF EVENTS EVENTS RUN IN ORDER LISTED TIMES ARE APPROXIMATE

6:00 PM	4 X 100 RELAY	9:00 AM	WEIGHT PENT. & ALL THROWS
6:15	80/100/110 METER HURDLES		PENTATHLON THROWS WILL COUNT AS REGULAR COMPETITION THROW
6:45	800 METER RUN		
7:10	100 METER DASH	1:00 PM	POLE VAULT
7:30	400 METER DASH	2:00	LONG JUMP
7:55	1500 METER RUN	3:00	HIGH JUMP
8:20	200 METER DASH	4:00	TRIPLE JUMP FOLLOWS LONG JUMP
8:50	300/400 METER HURDLES		
9:10	5000 METER RUN		SUPER WEIGHT & MEGA WT. (98#)
9:10	3000 METER RACEWALK		THROWS FOLLOW PENTATHLON
9:25	4 X 400 RELAY		****WEIGHT AND SUPER WEIGHT & MEGA WEIGHT WILL BE AVAILABLE

ALL EVENTS RUN AS FINALS TIMED SECTIONS, IF NECESSARY AGE GROUPS AND SEXES MAY BE COMBINED. AUTOMATIC TIMING SYSTEM AND WIND GAUGE CERTIFIED OFFICIALS SANCTIONED BY USATF MEDALS TO TOP THREE IN EACH AGE DIVISION

COPPELL HIGH SCHOOL IS LOCATED at 185 PARKWAY BLVD. COPPELL, TX DALLAS MAPSCO 1A-N *

NAME _____ DATE OF BIRTH _____ AGE ON 6/27/09 /SEX _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 PHONE _____ DALLAS MASTERS MEMBER YES NO E-MAIL _____

I, THE UNDERSIGNED, HEREBY AGREE TO RELEASE AND DISCHARGE THE DALLAS MASTERS TRACK AND FIELD CLUB, THE USATF SOUTHWEST ASSOCIATION, COPPELL ISD, ANY OF THEIR REPRESENTATIVES, AND ANYONE CONNECTED WITH THE MEET, FROM LIABILITY RESULTING FROM ANY ACCIDENT AND/OR INJURY THAT I MAY SUSTAIN WHILE COMPETING OR PARTICIPATING IN SAID TRACK AND FIELD MEET. I CERTIFY THAT I BELIEVE THAT I AM CONDITIONED AND PHYSICALLY ABLE TO COMPETE IN THIS TRACK MEET.

ATHLETE'S SIGNATURE _____ **DATE** _____

CIRCLE EVENTS ENTERED AND INDICATE YOUR BEST PERFORMANCE IN 2008-2009

DISCUS	1. _____	TRIPLE JUMP	8. _____	1500M	15. _____
SHOT PUT	2. _____	HIGH JUMP	9. _____	800 M	16. _____
JAVELIN	3. _____	3000 RACEWALK	10. _____	400 M	17. _____
WT. THROW	4. _____	80/100/110 HH	11. _____	200 M	18. _____
HAMMER THROW	5. _____	400 M /300 M IH	12. _____	100 M	19. _____
LONG JUMP	6. _____	5000 M	13. _____	SUPER WT.20.	20. _____
WT. PENTATHLON	7. _____	POLE VAULT	14. _____	MEGA WT. 21.	21. _____

OPTIONAL TEXAS MASTERS CHAMPIONSHIP T-SHIRT WITH ORIGINAL DESIGN AND NO ADVERTISING \$15.00
AMOUNT PAID _____ **SHIRT SIZE** MED LGE XL XXL

IS ALSO THE SOUTHWEST REGION USATF MASTERS CHAMPIONSHIPS

MAIL ENTRY AND CHECK PAYABLE TO DALLAS MASTERS T & F CLUB, 1501 W. LAVENDER LANE, ARLINGTON, TEXAS 76013-5023 PHONE 817-274-0448 8:00 AM TO 8:00PM. ENTRY IN WEIGHT PENTATHLON ENTERS YOU IN THE 5 INDIVIDUAL EVENTS AT NO COST FOR THOSE 5 EVENTS.