



**USA TRACK & FIELD THREE RIVERS ASSOCIATION
2009 OPEN and MASTERS TRACK & FIELD CHAMPIONSHIP MEET
California University PA – California, PA**

DATE: June 21, 2009

PLACE: California University PA, California, PA

SPONSOR: USATF Three Rivers Association

SANCTION: USA Track & Field – MEMBERSHIP REQUIRED

MEET ENTRY FEE: \$5.00 PER INDIVIDUAL

MEET ENTRY & USATF MEMBERSHIP: \$34.95

ALL ATHLETES MUST PRE-REGISTER - NO DAY OF MEET REGISTRATION

Using Lynx Timing System requires that all athletes are entered into the meet program prior to the start of the meet

MAILED ENTRIES MUST BE POSTMARKED BY JUNE 12, 2009

Register online at www.usatf-threerivers.org - online entry closes Thursday - June 18

Mail Open & Masters entries to: TRA Champ, 109 Evans Drive, McMurray, PA 15317

Meet Information – contact Mark Schwartz – mschwartzusatf@yahoo.com or 412-362-5511

PROOF OF AGE MAY BE REQUIRED: A valid drivers license or age verified 2009 USATF Membership Card

MASTERS & OPEN ORDER OF EVENTS

Events include Male and Female, Open & Masters Athletes unless designated otherwise below. Field event order subject to change.

PLEASE NOTE THAT OPEN & MASTERS POLE VAULT & HAMMER WILL BE ON SUNDAY, JUNE 21

Sunday, June 21 – See Not Before Event Schedule for approximate time schedule

3000M Racewalk	110M Hurdles**	100M Hurdle Final	1500M	
5000M Racewalk	3000M Run	110M Hurdle Final	100M Final	**
4x400M Relay	5000M Run	400M	800M Final	Trials if Needed
100M Trials	200M Trials**	Steeplechase	200M Final	
100M Hurdles **	4X800M Relay	200M Hurdles	4x100M Relay	
		400M Hurdles	4x200M Relay	

FIELD EVENTS (as called):

Long Jump Triple Jump Pole Vault High Jump Shot Put Discus Javelin Hammer

2009 USATF East Region Open T&F Championship – info not available at this time

2009 USATF East Region Masters T&F Championship – June 27 East Stroudsburg University – East Stroudsburg, PA

Contact Jerry Bookin-Weiner: phone: 410-740-1332 throwsguy@gmail.com

OPEN & MASTERS ENTRY FORM

Name _____ Address _____ City/Zip _____	Date of Birth ____/____/____ Age _____
	Gender: Male / Female (circle one)
	Division: Open / Master (circle one)
	Club _____ 2009 USATF Memb # _____

Please indicate your events:

100M Dash _____	800M Run _____	3000M RW _____	80M Hurdles _____	
200M Dash _____	1500M Run _____	5000M RW _____	110M Hurdles _____	4x100M Relay _____
400M Dash _____	5000M Run _____	300M Hurdles _____	400M Hurdles _____	4x400M Relay _____
Long Jump _____	Triple Jump _____	High Jump _____	Pole Vault _____	4x800M Relay _____
Shot Put _____	Discus _____	Javelin _____	Hammer _____	4x200M Relay _____

In consideration of my being accepted for participation in the 2009 Three Rivers Association Championship Meet I intend to be legally bound for myself, my heirs, executors and administrators, waive and forever discharge any and all rights and claims for damages which may hereafter occur to me against USA Track & Field, Three Rivers Athletic Association, and California University PA or their officers, agents, representatives, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with or entry in, or arising out of my travel to, participating in and returning from said competition. I further attest that I am physically fit for the competition in the event(s) I have listed above.

Athlete Signature: _____ Date: _____ Phone: _____
(include area code)

2009 OPEN & MASTERS ENTRY FORM