

**USATF SW Region Masters Championships
Lions Open/Masters All-Comers Meet**

Saturday, July 23, 2011

Memorial Stadium, 755 Hwy 21, Bastrop, Texas 78612

Meet Information

Entry fees ; Register by July 14: First event \$20, \$5 for each additional event; After July 14, First event \$25, \$15 each additional
SUPER EARLY BIRD REGISTRATION: Register by July 1: Unlimited events for \$30
No day of meet registration except relay events. Relays \$30/team

Note that there are two competitions.

- (1)Participation in USATF SW Region Champs requires USATF membership. Go to <https://www.usatf.org/membership/application/>
Medals to places 1-3 by 5 year age division/sex; Ribbons to places 4-6
(2)Participation in Lions Open/Masters All-Comers. USATF membership not required; Ribbons to places 1-6 by age division/sex

Schedule of Events

7:30-9AM Clinic “Training Principles for Optimal Performance And Injury Prevention” by Allan Besselink, PT, Dip.MDT. Allan is an local Austin physical therapist and the author of “RunSmart: A Comprehensive Approach to Injury-Free Running.” He has served as a physical therapist for three USATF National teams and with the medical staff of the 1996 Atlanta Olympics. <http://www.smartlifeinstitute.com> THERE IS NO CHARGE FOR CLINIC

9:00-11AM: Allan will be available for individual athlete and coach consultations. **There is no charge for this service.**

Track Schedule: 8AM Rolling Start: 5000 Run, 5000 Racewalk, 80/100/110 Hurdles, 100, 800, 4x100, 400, 4x800, 200/300/400 Hurdles, 1500, 200, 4x400. All events timed finals

Field Event Schedule*

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| 8:00 AM | Long Jump, Javelin | 11:00 AM | Shot, Discus, Triple Jump | 2:00 PM | Hammer, Weight |
| 9:00 AM | High Jump, Pole Vault, Javelin, Shot | 12:00 PM | Discus | 3:00 PM | Superweight |
| 10:00 AM | Discus, Shot | 1:00 PM | Hammer, Weight | | |

*Final field event flight times depend on entry numbers and will be set on July 20

Directions to stadium: **About 4 Miles West of Hwy 71/21 Intersection: Mapquest link: <http://mapq.st/m64Fur>**

