

**2015 Mid-America Region Masters Championships,
Colorado Assoc. Masters & Open Championships
& Rocky Mountain Masters Games**

Colorado State University, Ft. Collins, CO

August 29 & 30, 2015 (1 week before Labor Day weekend)

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

Schedule of Events

5:00 Friday, 8/28 Free Clinic: throws

Saturday, August 29

8:00 Hammer, 19-69 men
Shot Put, women & 70+ men
Pentathlon (long jump first)

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, ALL, after Wt. Throw

2:00 Free Clinic: hurdles, sprints

5:30 Colorado Masters Meeting & Dinner*: participants, officials, family & friends invited

***Ask at the registration table for the meeting/dinner location**

Sunday, August 30

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
High Jump (starting 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

2:00 Free Clinic: pole vault

Age Groups**

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

Submasters:
19 - 29, 30 - 34

**Age as of first day of meet

Awards: Places 1-3 in each event receive medals. First 3 medals per person are free; additional medals are \$4 each.

Entry Deadline: Pre-registration is preferred. Registration day of meet is acceptable.

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
Pentathlon	Throws Pent.	Wt. Throw
Javelin	Hammer	Super Weight

If both the regular pentathlon and open throwing events are entered on Saturday, only a total of six throws will be permitted. The first three throws count for the pentathlon; all six count for the open javelin and discus.

Cost:

Entry fee and first event \$ 25.00

No. of additional events ____ x \$5 \$ _____

Event Total: \$ _____

USATF Surcharge - Mid-America Region Masters. 35 or older, add \$ (5.00)

Rocky Mountain Masters Games T-shirts are \$15 (circle size): \$ _____

SM	MED	LG	XL	XXL
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Tax deductible donation \$ _____

GRAND TOTAL: \$ _____

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

Make checks payable to
"CMTFC"

(Cash okay at the meet; no credit cards, please)

() 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:

Name:

Address:

City:

State:

ZIP:

Phone:

Email:

Sex:

Age:

Birthdate:

USATF 2015#:

To compete in the 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:

Contacts

**Jim Weed, 303-520-3088
rockymtnmastersgames@msn.com**

**Jerry & Christel Donley
719-635-1264**

**Throws & Implements:
Tim Edwards, 303-724-0606
tedwa851@gmail.com**

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

**Results will be posted soon after meet at
"www.colorado.usatf.org" on the
Masters Track & Field home page.**