

USATF State Age Group Championships



Saturday, May 29, 2010 8:00 A.M.
Jenks High School Track Jenks, Ok.

Events: 100m	200m	400m	800m	1500m	3000m	5000m
400m Relay	1600m Relay	3200m Relay	High Hurdles	Low Hurdles	1500m/3000 Racewalk	
Javelin	Long Jump	Triple Jump	High Jump	Pole Vault	Discus	Shot Put

Directions to Jenks High School Track: Jenks is a Tulsa suburb, southwest of Tulsa. From U.S. 75, take the Jenks exit, travel east until you reach 5th St., turn north (left). Travel approximately 3/4 mile, track will be on your left. Park in the Jenks High School parking lots. No street parking is allowed.

BANTAM Born 2000 or later	OW = OPEN WOMEN 19-34
MIDGET Born 1998 & 1999	OM = OPEN MEN 19-34
YOUTH Born 1996 & 1997	SMW = SUB-MASTERS WOMEN 35-39
INTERMEDIATE Born 1994 & 1995	SMM = SUB-MASTERS MEN 35-39
YOUNG Born 1992 & 1993	MW, MM = MASTERS WOMEN & MEN 40+
(MASTERS AGE BRACKETS: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 AND 75+)	

For more information, contact Mike Barber, 918-481-1176.

REGISTRATION

** Either athletes can use this form to sign up, or sign up at www.coacho.com

ONLY PREREGISTRATION ALLOWED
YOUTH & ADULT ENTRIES MUST BE AND RECEIVED BY MAY 24
ABSOLUTELY NO ENTRIES WILL BE RECEIVED AFTER 12:00 A.M. ON MAY 24
NO REFUNDS

Entry fee: Youth First Event \$4, Second Event \$3, Third Event \$3, Fourth Event \$2
Adult First Event \$10, Each Additional Event \$8

Maximum allowable number of events per age group: Bantam, Midget: 3; Youth, Intermediate, Young Men, Young Women: 4; Open, Master: Unlimited.

Name _____ Sex: Male _____ Female _____

Address _____ City/State/Zip _____

Telephone _____ Email: _____ Date of Birth _____

Team Name _____ USATF Number (required) _____ Age as of 5/23/07 _____

Age Group: ___ Bantam ___ Midget ___ Youth ___ Intermediate ___ Young Men/Young Women
 Open ___ 19-34 ___ 35-39
 Masters ___ 40-44 ___ 45-49 ___ 50-54 ___ 55-59 ___ 60-64
 ___ 65-69 ___ 70-74 ___ 75+

Events: _____

Total Fees Enclosed: _____
 (\$15 fee for returned checks)

Mail registration form and check (made out to Jenks America Track Club) to:
Mike Barber 8774 S. Richmond, Tulsa, OK 74137

*****Please complete Agreement to Participate on back*****

Visit www.jenksamericatc.org

Runner Number

Do Not Write in This Area

2010 USATF AGE GROUP CHAMPIONSHIPS MAY 29, 2010

EVENTS 8 A.M.

AGE GROUP

3000m RUN	FINAL	MG, MB, YG, YB, IG, IB, YW, OW, SMW, MW
5000m Run	FINAL	YM, OM, SMM, MM
400m H	FINAL	IB, YM, OM, SMM, MM40-49 (36")
400m H	FINAL	MM50-59 (33")
400m H	FINAL	IG, YW, OW, SMW, MW40-49 (30")
300m H	FINAL	MM60-69, MW50-59 (30")
300m H	FINAL	MM70+, MW60+ (27")
200m H	FINAL	YG, YB (30")
100m Dash	PRE/FINAL	ALL
3200m Relay	FINAL	MG, MB, YG, YB, IG, IB, YW, YM, ADULT M-W
200m Dash	PRE/FINAL	ALL
80m H	FINAL	MM80+, MW60+ (27")
80m H	FINAL	MG, MB, MW 40-59, MM70-79 (30")
100m H	FINAL	YG (30")
100m H	FINAL	YB, IG, YW, OW, SMW, MM60-69 (33")
100m H	FINAL	MM50-59 (36")
110m H	FINAL	IB, YM, SMM, MM 40-49 (39")
110m H	FINAL	OM (42")
400m Relay	FINAL	ALL
800m Run	FINAL	ALL
1500m RW	FINAL	BG, BB, MG, MB
3000m RW	FINAL	YG, YB, IG, IB, YW, YM, ADULTS W-M
100m Dash	FINAL	as needed
400 Dash	FINAL	ALL
1500m Run	FINAL	ALL
200m Dash	FINAL	as needed
1600m Relay	FINAL	ALL

NOTE: ALL EVENTS ARE TIMED FINALS WITH THE EXCEPTION OF THE 100 M DASH & 200M DASH WHERE PRELIMS WILL BE RUN IF NECESSARY.

8AM - FIELD EVENTS (PRE - 3 TRIES, BEST 7 MOVE TO FINALS - 3 TRIES)

SHOT PUT	16lb.	ALL MEN 19-49
	6k	MM50-59
	12lb.	IB, YM
	5k	MM60-69
	4k	YB, MM70+, IG, YW, ALL WOMEN 19-49
	3k	MW50+
	6lb.	BG, BB, MG, MB, YG
DISCUS	2.0k	ALL MEN 19-49
	1.6k	IB, YM
	1.5k	MM50-59
	1.0k	MG, MB, YG, YB, IG, YW, OW, SMW, MW, MM60+
HIGH JUMP	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, ADULTS	
LONG JUMP	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, ADULTS	
TRIPLE JUMP	YG, YB, IG, IB, YW, YM, ADULTS After LONG JUMP	
POLE VAULT	YG, YB, IG, IB, YW, YM, ADULTS	
JAVELIN	800g.	IB, YM, OM, SMM, MM40-49
	700g	MM50-59
	600g.	YG, YB, IG, YW, OW, SMW, MW40-49, MM60-69
	500g	MM70-79, MW50-59
	400g	MW60+, MM80+
	300g	BG, BB, MG, MB

AGREEMENT TO PARTICIPATE

I certify that in accordance with the rules of the U.S.A. Track & Field, the IAAF and the A.A.U. I am eligible to compete in the indicated sports.

I acknowledge that there are certain risks inherent in athletics competition, and I freely accept those risks.

In consideration of my acceptance, I am intending to be legally bound, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me against the U.S.A. Track & Field, A.A.U. and the Jenks America Track Club Coaches/Board of Directors and all damages which may be sustained or suffered by me in connection with my association with or entry in, or arising out of my traveling to, participating in and returning from said competitions. I further attest that I am physically fit and have trained for competition in the event(s) I have entered.

Further, I hereby irrevocably grant full permission to any and all of the foregoing to use my name and any photograph, videotapes, recordings or any other record of my participating in this event for any publicity and/or promotional purpose without obligation or liability.

Signature - Athlete _____ Date _____

Signature - Parent and/or Legal Guardian _____ Date _____

Sponsored by— Jenks America Track Club *An American-European Family Running Club*