



2009 HEARTLAND OPEN/MASTERS OUTDOOR TRACK & FIELD MEET

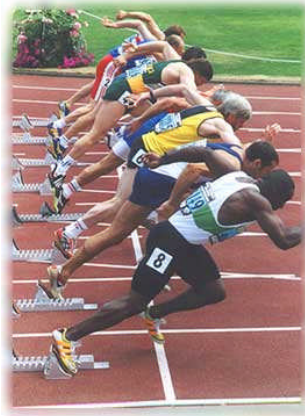
Saturday, June 27, 2009

Field Events:

High Jump
Long Jump
Triple Jump
Shot Put
Discus
Hammer
Javelin Throw
Pole Vault
(Please Bring your own implements)

Running Events:

1500m Run
4 x 800m Relay
5000m Race Walk
4 x 100m - Relay
400m - Dash
100m - Dash
100m Hurdles
110m Hurdles
400m Hurdles
800m Run
1500m Race Walk
5000m Run
200m - Dash
4 x 400m - Relay



Johnson County
Community College
Track & Field Stadium
12345 College Blvd
Overland Park, KS 66210



Meet Location: Johnson County Community College

Track & Field Stadium,
12345 College Blvd.
Overland Park, KS 66210

Entry Fee: Athlete entry fee is \$25 and unlimited events. Relays 20.00

Online registration only at: www.heartlandathleticservices.com

Online registration opens May 27, 2009 and closes on June 20, 2009

Print your declaration form and mail printed declaration form with payment. Mail to: Heartland Athletic Service, PO Box 30074, Kansas City, MO, 64112. Make checks payable to Heartland Athletic Services, Inc.

Postmark: June 21, 2008

For additional information: **Contact:** Gilbert Castillo, Meet Director
Email: gscast@kc.rr.com. Phone: 816-916-6379

The Heartland Open/Masters Outdoor T&F Meet is open to all men and women ages 19 through 75+.

Open athletes 19-29 will compete together.

Masters athletes will compete in 5-year age groups (i.e. 30-34, 35-39 and so on).

Based on the number of athletes in each age group, several age groups may race in the same race final.

Age Groups: 19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 75+

Awards: 1st, 2nd, 3rd, 4th, 5th, & 6th Place medals per event for each age group



2009 HEARTLAND OPEN - MASTERS OUTDOOR TRACK & FIELD MEET

Saturday, June 27, 2009 USATF Sanction # 09-28-029

Meet Location: Johnson County Community College,
Track & Field Stadium, 12345 College Blvd., Overland Park, KS 66210

Entry Fee: Athlete entry fee is \$25 and unlimited events.
Relays \$20.00

Online registration only: www.heartlandathleticservices.com

Online registration opens May 27, 2009 and closes on June 20, 2009

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Awards: 1st, 2nd, 3rd, 4th, 5th, & 6th Place medals per event for each age group

Based on number of athletes in each age group, several age groups may be combined.



Tentative Schedule

Age Groups: 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 75+

Open 19-29 athletes will compete together

Time	T & F Events	Event Type	Competition Order & Age Group
8:00 AM	Long Jump	Finals	Women / Men (Oldest to Open)
	Discus Throw	Finals	Men / Women (Oldest to Open) 4 attempts
8:30 AM	1500m Run	Finals	Women (race in 10 year age groups) MARA Race Series event
	1500m Run	Finals	Men (race in 10 year age groups) MARA Race Series event
9:00 AM	Shot Put	Finals	Women / Men (Oldest to Open) 4 attempts
	Hammer	Finals	Women / Men (Oldest to Open) 4 attempts
	5000m Race Walk	Finals	Women (All)
	5000m Race Walk	Finals	Men (All)
10:00 AM	High Jump	Finals	Women / Men (Oldest to Open)
	Pole Vault	Finals	Men / Women (Oldest to Open)
	4 x 800m Relay	Finals	Women (All) / Men (All)
11:00 AM	Javelin	Finals	Women / Men (Oldest to Open) 4 attempts
	Triple Jump	Finals	Men / Women (Oldest to Open)
	4 x 100m Relay	Finals	Women (All) Men (All)
	100m Hurdles	Finals	Women (Oldest to Open)
	110m Hurdles	Finals	Men (Oldest to Open)
NOON	30 minute Lunch Break		
12:30 PM	400m	Finals	Women (Oldest to Open)
	400m	Finals	Men (Oldest to Open)
	100m Dash	Finals	Women (Oldest to Open)
	100m Dash	Finals	Men (Oldest to Open)
	400m Hurdles	Finals	Women (Oldest to Open)
	400m Hurdles	Finals	Men (Oldest to Open)
	800m Run	Finals	Women (Oldest to Open)
	800m Run	Finals	Men (Oldest to Open)
	1500m Race Walk	Finals	Women (Oldest to Open)
	1500m Race Walk	Finals	Men (Oldest to Open)
	5000m Run	Finals	Women (All)
	5000m Run	Finals	Men (All)
	200m Dash	Finals	Women (Oldest to Open)
	200m Dash	Finals	Men (Oldest to Open)
	4 x 400m Relay	Finals	Women (All) Men (All)

All running events will follow this sequence as each event is completed with rolling schedule at 12:30pm