

National Masters Indoor Championships  
USA Track & Field - New England  
P.O. Box 1905  
Brookline, MA 02446



Prior to sealing the envelope and sending in your application, please make sure that you have:

- >> Completed all information
- >> Signed the application
- >> Enclosed your check for the total entry fee (\$35 for the first event, \$15 for each additional event, \$60 for the pentathlon) and Masters Committee Surcharge of \$5. After March 14 a late fee of \$10 per event (or pentathlon) must be added. There will be no refunds of entry fees for any reason.
- >> Made your check payable to USATF-New England, US funds only and drawn on a US bank.

**M-F Athletic Company**

Mail application with entry fee to:  
National Masters Indoor Championships  
USATF-NE, P.O. Box 1905  
Brookline, MA 02446.

The street address is:  
2001 Beacon Street, Suite 207  
Brighton, MA 02135

# 2003 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center  
Boston, Massachusetts

March 28 - 30, 2003

Presented by USA Track & Field - New England



## ELIGIBILITY

Competition is open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age groups, relays in 10-year age groups. The meet will be run in accordance with USATF Competition Rules and Regulations. A 2003 USATF membership will be required for all US residents and card must be shown at number pick-up. Membership may be obtained on-line at [www.usatf.org](http://www.usatf.org), through local associations, or on-site at the meet for \$20.

## ENTRY

Entry deadline is **March 14, 2003**. Entry fee is \$35 for the first event, \$15 for each additional event. Entry fee for the Pentathlon is \$60 (the pentathlon does count as a first event). After March 14<sup>th</sup> a late fee of \$10 per event will be charged. **Entries, additions and/or changes must be received by March 24, 2003.**

Relay registration will take place on-site only at \$20 per team. In order for a competitor's name to be printed in the meet program and to receive final instructions, applications must be received by USATF-NE no later than March 7<sup>th</sup>. Admission to the facility is free for all competitors and their guests.

## RESULTS

FinishLynx Automatic Timing. Results will be posted immediately on a stadium scoreboard. Hard copies will be posted in the gymnasium, and electronic results will be available at <http://www.usatfne.org> following the conclusion of the meet.

## AWARDS

USATF Championship medals will be awarded to the top three places in each age group of each event final. Foreign athletes will receive a duplicate award. Championship patches will be presented to winners of individual events, with a limit of one patch per participant.

## HEADQUARTERS HOTEL

Headquarters hotel is The Westin Copley Place Boston, 10 Huntington Avenue, Boston - \$110 single/double, \$120 triple, and \$130 quad occupancy. 1-800-WESTIN-1 or 1-617-262-9600.

To get the special rates reservations *must* be made by March 13, 2003; mention the *National Masters Championships* at the time of making your reservation. (Please be aware that last year the room block sold out prior to the deadline).

## TRANSPORTATION

The Westin Hotel is one block from the Back Bay station. From there it is three stops on the MBTA ("T") Orange line to the Roxbury Crossing station. Roxbury Crossing is across the street from the Reggie Lewis Facility.

Complimentary shuttle transportation to the Reggie Lewis facility will be provided courtesy of USATF-NE, beginning Friday at 1 p.m.

## FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS

Help ensure the high quality of the Championships and future meets with a donation. All contributors will be listed in the official meet program and on the USATF-NE website. Please consider one of the following:

**Platinum** - \$250.

Platinum level contributors will receive an event bag, polo shirt, t-shirt and pin, and are eligible for upgrading to Junior Suite at the Westin Copley Place (3/28 and 3/29).

**Gold** - \$100.

Gold level contributors will receive an event polo shirt and pin.

**Silver** - \$50.

Silver level contributors will receive a meet T-shirt and pin.

**Bronze** - \$25.

Bronze level contributors will receive a pin.

## THURSDAY NIGHT SOCIAL/DINNER

There will a dinner get-together on Thursday night. Details to be announced. If you are interested in attending, please note so on the application and add a check for \$20 per person. Guests are welcome.

## MEET INFORMATION

Meet information and updates will be available at [www.usatfne.org](http://www.usatfne.org). Lists of entrants and final instructions will be posted beginning March 8<sup>th</sup>.

USATF-New England - (617) 566-7600  
office@usatfne.org

# SCHEDULE OF EVENTS

(Times listed are approximate and may be adjusted due to the number of entrants/heat/flights - a final schedule will be posted in the facility during the days of competition.)

## FRIDAY MARCH 28

### 8:30 a.m. Pentathlon Registration

#### Pentathlon

9:00 am All Women and Men 70+  
 10:00 am Men 60-69  
 10:30 am Men 50-59  
 11:00 am Men 40-49  
 11:30 am Men 30-39

#### Order of Events

Women	Men
60 M Hurdles	60 M Hurdles
High Jump	Long Jump
Shot Put	Shot Put
Long Jump	High Jump
800 Meters	1000 Meters

### 2:00 p.m. General Registration

<b>Track</b>	4:00 pm	3000 Meters	Women
	4:45 pm	3000 Meters	Men 70+
	5:05 pm	3000 Meters	Men, remaining
<b>Throws</b>	3:00 pm	Weight	Women 50-59
		Weight	Women 60+
	4:00 pm	Weight	Women 30-49
	4:30 pm	Weight	Men 75+
	5:15 pm	Weight	Men 70-74
<b>Jumps</b>	6:15 pm	Weight	Men 60-69
	3:00 pm	Pole Vault	Women AND Men 60+ together

## SATURDAY MARCH 29

### 8:00 am Registration

<b>Track</b>	9:00 am	60 Meters	Trials and Finals, All
	11:45 am	Mile	Women
	12:15 pm	Mile	Men
	2:00 pm	400 Meters	Timed Finals, All
	4:30 pm	4x800M Relays	All
	5:00 pm	60M Hurdles	Trials and Finals, All

## FACILITY/IMPLEMENTS

Six lane, lightly banked 200 meter Mondo Track, eight lane straightaway. Use of starting blocks is restricted to those provided by the facility. All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. Acceptable spike implements will be available at the meet. There will be one weight and two shot circles, throwing onto a synthetic surface. Only certified soft shell shot puts and bag weight implements will be allowed for the indoor competitions. Superweight (men 30-69) will be contested outdoors.

Starting heights will be determined by facility equipment and the Games Committee. Minimum High Jump height will be 2 feet 8 inches; minimum Pole Vault height will be approx. 4 feet. Pole vaulters should bring their own poles.

There will be no 27 inch hurdles

## Saturday March 29 - continued

<b>Throws</b>	9:00 am	Shot Put	Women 70+ Men 50-59
		Shot Put	Women 60-69
	10:00 am	Shot Put	Women 50-59
	11:00 am	Shot Put	Men 40-49
		Shot Put	Women 45-49
	12:30 pm	Shot Put	Men 30-39
	1:00 pm	Shot Put	Women 30-44
	1:15 pm	Shot Put	Men 60-64
	1:45 pm	Shot Put	Men 80+
	2:15 pm	Shot Put	Men 50-59
	2:30 pm	Weight	Men 70-79
	3:15 pm	Shot Put	Men 65-69
	4:30 pm	Shot Put	Men 40-49
	4:30 pm	Weight	Men 30-39
<b>Jumps</b>	6:00 pm	Weight	Men 30-39
	9:00 am	Long Jump	Men 50-59
	9:30 am	Pole Vault	Men 40-49
	10:00 am	Long Jump	Men 30-39
	12 noon	High Jump	Men 70+
		High Jump	Men 50-59
		Long Jump	Men 40-49
	1:30 pm	High Jump	Men 60-69
		High Jump	Men 40-49
		Pole Vault	Men 70+
		Long Jump	Men 60-69
	3:00 pm	Long Jump	Men 50-59
		High Jump	Women, All
	4:30 pm	Long Jump	Men 30-39
4:30 pm	Pole Vault		

## SUNDAY MARCH 30

### 8:00 a.m. Registration

<b>Track</b>	9:00 am	200 Meters	Trials, All
	10:30 am	800 Meters	Timed Finals, All
	12 noon	200 Meters	Finals, All
	1:00 pm	3000M Racewalk	Women
	1:45 pm	3000M Racewalk	Men
	2:45 pm	4x400M Relays	All
	<b>Throws</b>	10:00 am	Superweight
to follow		Superweight	Men 70+
to follow		Superweight	Men 60-69, outdoors
11:00 am		Superweight	Men 50-59, outdoors
To follow		Superweight	Men 30-49, outdoors
<b>Jumps</b>	10:00 am	High Jump	Women, All
		Triple Jump	Men 30-39 AND Men 60+
	11:30 am	Triple Jump	Men 40-49
	12:30 am	Triple Jump	Men 50-59 AND Women

## COMPETITION ORDER

Women followed by men, oldest to youngest. Age groups may be combined to fill sections. If the number of entrants in an age group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters will be eliminated; finals only will be run as scheduled. The Championships will not be delayed for any reason.

NOTE: field event starting times may need to be adjusted due to the number of entrants.

# 2003 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

Last Name \_\_\_\_\_ Male/Female \_\_\_\_\_  
 First Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_ Age (as of 3/28/03) \_\_\_\_\_  
 City \_\_\_\_\_ Club/Affiliation \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ Citizenship (if not USA) \_\_\_\_\_  
 Country (if not USA) \_\_\_\_\_ 2003 USATF Number \_\_\_\_\_  
 Telephone \_\_\_\_\_ (USATF number is required!)  
 E-mail address \_\_\_\_\_

Event	Best Recent Performance	Fee
Pentathlon (counts as first event) _____	_____	(\$60) _____
1. _____	_____	(\$35) _____
2. _____	_____	(\$15) _____
3. _____	_____	(\$15) _____
4. _____	_____	(\$15) _____
5. _____	_____	(\$15) _____
6. _____	_____	(\$15) _____

Late Fee for entries postmarked after 3/14/03, number of events \_\_\_\_\_ @ \$10 each: \_\_\_\_\_

**Total Entry Fees:** \_\_\_\_\_

*\*Masters Committee Surcharge (see note below)*     **\$ 5.00**

T-shirt Order (pre-event only)     Total number of T-shirts \_\_\_\_\_ @ \$13 each: \_\_\_\_\_  
 \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL

Friend of the National Masters Championships Contribution (\$250/100/50/25 /other): \_\_\_\_\_

Thursday Night Social/Dinner, number of guests \_\_\_\_\_ x \$20 per person: \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_**

\*The National Masters Track & Field Committee requires the Committee Surcharge. All such funds will be forwarded to the Committee and will be used for Games Committee representatives to attend and assist at Championship meets.

**All fees must be paid prior to the meet. Faxed entries will not be accepted.**

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-New England, its employees, agents, officers, the Reggie Lewis Track and Athletic Center, Roxbury Community College, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_