

NON-PROFIT
ORGANIZATION
US POSTAGE PAID
Indianapolis, IN
Permit # 6287



2004 USATF Regional Track & Field Championships

North Region - June 12-13
South Region - June 20
West Region - June 20
East Region - June 26

and



www.usatf.org



One RCA Dome - Suite 140
Indianapolis, IN 46225

www.usatf.org



Date: July 2-3, 2004

Location: Indiana University, Bloomington, IN
Billy Hayes Track, Haugh Track and Field Complex

Entries: All entries MUST be processed online at www.usatf.org/events. Paper applications are not available for this meet.

Rules: USATF Competition Rules ("Open" implements and rules) - www.usatf.org/about/rules

Entry Fees:

Date Received	Individual	Relays
before 6/25/04 at 5:00 p.m. ET	\$20	\$10
before 6/28/04 at 5:00 p.m. ET	\$50	\$10

- ◆ Athletes who enter prior to the 6/25 deadline and then wish to enter additional events between 6/25 and the close of entries on 6/28 will be charged \$30.
- ◆ Absolutely no entries will be accepted after the June 28 deadline.
- ◆ Clubs that have 20 or more athletes who compete at the event will receive a \$5 per athlete rebate. This rebate will be mailed by Sept. 15, 2004.

Athlete Eligibility:

Membership: All athletes must be 2004 USATF members, in good standing, to enter the Championships.

Age Limit: Female athletes must be 14 years or older and male athletes must be 16 years or older on the day of competition.

Club Affiliation: All athletes entering as part of a club must be affiliated with that club as part of their USATF membership (an athlete's current affiliation can be viewed in his/her membership profile at www.usatf.org/membership and as part of the online event entry process).

Unattached athletes are encouraged to join a local club or create a new club. Contact your local Association for information on starting your own club. "Unattached/Non-Scoring" athletes (those athletes not with a registered USATF club) may participate but will not be factored into team scores and will only be accepted into the meet to fill a field in an event. No additional heats will be created to accommodate unattached athletes.

Citizenship: Only citizens of the United States or resident aliens are eligible to compete in these Championships.

Club Eligibility: All clubs must be registered with USATF for 2004 by June 1, 2004. Please submit your club application to your local Association office. Club applications and information are available at www.usatf.org/clubs. Only 2004 registered clubs in the national membership database will be able enter to athletes for this meet.

The formation of club teams must meet all of the parameters as noted in Regulations 7 and 8 in the USATF Governance Manual, Section III. This will be strictly enforced.

Team Scoring: Individual and relay events will be scored 10-8-6-5-4-3-2-1. Men's scores, women's scores, and a combined team score will both be computed.

Declaration Information: Once properly entered, all athletes must complete the online declaration process and declare whether he/she will or will not compete in each event he/she has entered. **All declarations to be done online between June 28 (5:00pm ET) and June 30 (5:00pm ET). Athletes not declaring will be scratched from the competition.**

Awards: "Traveling Helmet Trophies" will be awarded to the "Overall Men's & Women's Team Champions," the "Men's Team Champions," and the "Women's Team Champions." Recognition will be given to the "Most Valuable Male Athlete" & the "Most Valuable Female Athlete" (based on total number of points scored). Additional recognition will be given to the "Outstanding Male Performer of the Meet" and the "Outstanding Female Performer of the Meet" (based on scoring tables; the Power Tables are on a 10.0 scale).

Club Prize Money:

	Men	Women
First Place	\$2,000	\$2,000
Second Place	\$1,500	\$1,500
Third Place	\$1,000	\$1,000
Fourth Place	\$500	\$500

Additionally, the winning clubs at each Regional Championships will earn \$500 in travel stipends for travel to the USATF National Club Track & Field Championship meet.

For updated information or to enter the meet visit:
www.usatf.org/events

2004 USATF Regional Track & Field Championship Information

General Information for all meets

Min. Age: Female-14yrs; Male-16yrs

Qualifying Standards: None

USATF Membership: All competitors must be 2004 members of USATF in good standing. You can join online at usatf.org/membership. All clubs must also be 2004 USATF Member Organizations, in good standing, to score.

Rules: USATF Competition Rules ("Open" implements and rules) - www.usatf.org/about/rules

Club Scoring: Individual and relay events will be scored 10-8-6-5-4-3-2-1. Men's scores, women's scores. Athletes must be bona fide member of a USATF club in order to represent a club and score team points (see USATF Regulation 7-A-1 - www.usatf.org/about/governance). The USATF membership database will be used to verify club affiliation status for athletes.

Events: 100m, 200m, 400m, 800m, 1500m, 3000m Steeple, 5000m, 5000mRW, 100/110HH, 400IH, 4x400m, PV, HJ, LJ, TJ, JT, DT, SP, HT - events may be added/subtracted to schedules at the meet's discretion; check www.usatf.org/calendars.

Awards:

Team - The winning Men's team and Women's team at each of the Regional Meets will be awarded \$500 towards travel support to the USATF National Club Track & Field Championships (July 2-3 / Bloomington, IN).

Individual - USATF Regional Championship medals to the top 3 in each event.

Refunds/Transfers: None



USATF North Region T&F Championships (and USATF Ozark Assoc. T&F Championships)

Members and clubs from the following Associations are eligible to score in this meet: Dakotas, Illinois, Indiana, Iowa, Kentucky, Lake Erie, Michigan, Minnesota, Missouri Valley, Nebraska, Ohio, Ozark, West Virginia, and Wisconsin.

Date: June 12-13, 2004

Location: Southern Illinois Univ./Ralph Korte Stadium - Edwardsville, IL

Order of Events/Schedule: visit www.usatf.org/calendars

Mail Entries To: North Region T&F, Peggy Rowold, 139 Heather Ridge Dr., Chesterfield, MO 63017

Entry Deadlines/Fees:

Early Entry (Postmarked by June 1) = \$10 (1 event); \$15 (2 events); \$20 (3+ events)
Late Entry = additional \$10

Contact: Peggy Rowold: 314.469.0577 or pshinn@i1.net

USATF South Region T&F Championships

Members and clubs from the following Associations are eligible to score in this meet: Alabama, Arkansas, Florida, Georgia, Gulf, North Carolina, Oklahoma, South Carolina, South Texas, Southern Southwestern, Tennessee, and West Texas.

Date: June 20, 2004

Location: University of South Alabama, Mobile, AL

Order of Events/Schedule: visit www.usatf.org/calendars

Mail Entries To: Julius Shine, 655 Crawford Lane, Mobile, AL 36617

Entry Deadline/Fees:

Early Entry (Postmarked by June 15) = \$10 per athlete
Late Entry = \$20 per athlete

Contact: Julius Shine - 251.208.1632 (days), 251.471.2076 (evenings) or trek2jcs@yaho.com

Mark Your Calendar!



Akron, OH ♦ October 2, 2004



Portland, OR ♦ December 4, 2004

USATF West Region T&F Championships (and USATF Pacific Northwest Assoc. T&F Champs.)

Members and clubs from the following Associations are eligible to score in this meet: Alaska, Arizona, Border, Central California, Colorado, Hawaii, Inland Northwest, Montana, Nevada, New Mexico, Oregon, Pacific, Pacific Northwest, San Diego-Imperial, Snake River, Southern California, Utah, and Wyoming.

Date: June 20, 2004

Location: Univ. of Wash./Husky Stadium - Seattle, WA

Order of Events/Schedule: visit www.usatf.org/calendars

Mail Entries To: Online Entries Only

Online Entries: www.directathletics.com

Entry Deadline: All entries online; mailed entries not accepted

Early Entry (On or before June 17) = \$10 (1 event); \$20 (2+ events)

Late Entry = \$20 per event (on a space available basis)

Contact: Brad Barquist - 206.972.2858 or bradbarquist@hotmail.com

Notes: 1. Meet will be run in conjunction with the Seattle International. USATF members competing in the Seattle International divisions will be scored as part of the USATF West Region T&F Championships. 2. No Hammer Throw will be contested.

USATF East Region T&F Championships (and USATF New Jersey Assoc. T&F Champs.)

Members and clubs from the following Associations are eligible to score in this meet: Adirondack, Connecticut, Long Island, Maine, Metropolitan, Mid-Atlantic, New England, New Jersey, Niagara, Potomac Valley, Three Rivers, and Virginia.

Date: June 26, 2004

Location: Richard Stockton State College of NJ - Pomona, NJ

Order of Events/Schedule: visit www.usatf.org/calendars

Mail Entries To: USATF New Jersey, PO Box 330, Boonton, NJ 07005

Entry Deadline/Fees:

Early Entry (Postmarked by June 16) = \$10

Late Entry (Received by June 24) = \$20

Post Entry = \$30

Contact: USATF New Jersey - 973.334.8900 or usatfnj@usatfnj.org

Notes: 1. 10,000m will be contested



For updated information visit:
www.usatf.org/events

USATF Regional Track & Field Championships Entry Form

This form should be used to enter the South, North, and East Regional Championships only. Entry for the West Regional & National Club T&F Championships must be processed online.

Name _____

Address _____

City _____

State _____

Zip _____

(Area Code) Phone _____

Email _____

2004 USATF Membership # _____
join online at www.usatf.org

USATF Club _____

Events Entering	Event	Seed

Applications must be mailed to the appropriate location:

- ♦ **North Champs. (Edwardsville, IL)** - North Region T&F, Peggy Rowold, 139 Heather Ridge Dr., Chesterfield, MO 63017 - Postmarked by June 1.
- ♦ **South Champs. (Mobile, AL)** - Julius Shine, 655 Crawford Lane, Mobile, AL 36617 - Postmarked by June 15
- ♦ **West Champs. (Seattle, WA)** - Online Entries Only
- ♦ **East Champs. (Pomona, NJ)** - USATF New Jersey, PO Box 330, Boonton, NJ 07005 - Postmarked by June 16

I voluntarily agree to participate in the 2004 USATF Regional Championships and knowingly assume any and all risk of loss, damage to my person or property, property loss, injury (including death), both foreseen and unforeseen, of my attendance at and participation in the USATF Regional Championships, from any cause whatsoever, including the fault or negligence of Releasees (as defined below). I, for myself, my heirs, personal representatives and assigns do hereby release, waive, discharge and covenant not to sue USA Track & Field, Inc., USATF New Jersey, USATF Pacific Northwest, USATF Alabama, USATF Ozark, Club Northwest, Richard Stockton State College of NJ, University of Mobile, Southern Illinois University, University of Washington, Sponsors, Event Director and the owner or lessee of the facility at which the Events are held (collectively "Releasees") from all liability, loss, claims, demands, possible causes of action, court costs, settlement costs and fees, attorneys fees and any other expenses arising from any claim or lawsuit that may arise from any loss, damage or injury (including death) to me or my property resulting from or arising in connection with, or related to, my attendance at or participation in the Championships. I further grant USATF, its successors, assigns and licensees, etc. the right to use my name, likeness, voice, biographical and other information, in any format whatsoever, including but not limited to print, television or internet broadcast, in connection with the advertising, promotion or distribution of the Regional Championships. In the event that I am injured during the competition, I hereby consent to the provision of necessary and appropriate medical treatment.

Signature (parent or guardian if under 18yrs. _____

Date _____