



# 113th Penn Relays Race Walk Entry Form

Date: Saturday, April 26<sup>th</sup> 2008

Time: Men's 10000m @ 7:00am, Women's 5000m @ 8:00am

Event Director: Jeff Salvage Phone: 609-714-1308 Email: [campsalvage@yahoo.com](mailto:campsalvage@yahoo.com)  
(Jeff will be out of the US from March 15-25, please be patient with all inquiries)

Divisions: Junior (under 20), Open (20-39), Masters (40+)

<u>Qualifying Standards</u>	<u>Men (10000m)</u>	<u>Women (5000m)</u>
Junior	54:00	31:00
Open	50:00	27:30
Masters	54:00	31:00

**Times are only a guide line. Final selection is made by the race walk coordinator.**

**All entries MUST be accompanied with payment or they will not be accepted.**

Athletes without times at these distances may apply with reasonable performances at other distances.

Acceptance of entry is at discretion of Event Director.

Fields are limited to 25 entrants per distance, as each gender is contested as one race.

Information on housing and directions to Franklin Field can be found [www.thepennrelays.com](http://www.thepennrelays.com)

**The Junior races are part of the USA Race Walking Grand Prix for 2008 All athletes in the Junior races wishing to score in the USA RW Grand Prix must include their 2008 USATF # on the entry form.**

Entry Fee: **\$20.00** – Make check payable to: *Walking Promotions*

Entry Deadline: *April 8, 2008* – **NO EXCEPTIONS**

Mail Entry with payment (*will not be accepted without payment*) to:

Walking Promotions  
79 North Lakeside Drive  
Medford, NJ 08055

Post event BBQ at Event Director's house. \$5.00 donation is requested per person. Include in check with entry fee.

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2008 USATF Membership # \_\_\_\_\_ (Required for USA Race Walk Grand Prix)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Club/Team/School: \_\_\_\_\_ Age on Race Date: \_\_\_\_\_

Gender: M / F Division: Junior / Open / Masters Race Distance: 5000m / 10000m

Entry Seed Time/Distance: \_\_\_\_\_  
(include meet/race name and date for verification)

Street Address: \_\_\_\_\_ Town: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Each entrant is requested to complete the attached resume of their Race Walking and personal & academic accomplishments with their entry. This information will be used by the PA announcer during the race to draw attention to your accomplishments.



# 113th Penn Relays

## Race Walk Entry Form

(Don't Write In This Box – Staff Only)

### Athlete Resume

<b>RACE NUMBER:</b>     
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Name: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Hometown: \_\_\_\_\_ State: \_\_\_\_\_

School or Club: \_\_\_\_\_

# of Years Competing: \_\_\_\_\_

#### Best Times (all distances):

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#### Major Race Results:

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#### Interesting Hobbies or Other Notes:

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# IMPORTANT QUESTIONNAIRE

Race walking at the Penn Relays has been a great place for young athletes to compete since it was reinstated in 1986. Originally late on Thursday evenings after the distance events, our event had a very limited time to compete. Therefore, the race was limited to a combined men/women 2M with no age divisions. By moving to Saturday morning, albeit early, we gained the advantage of competing on the most prestigious day as well as the added time to have both a 5K women's walk and a 10K men's walk.

The Relays has now asked us if we want to move to the preceding Sunday with other events like the road race and possibly the decathlon and heptathlon. There are advantages and disadvantages to this. If we raced the week earlier we could have more time and thus allow more people in the race as well as possibly having separate open, masters, and junior races. The disadvantage would be not being on the traditional Saturday with the other main events. This may cause some who come with teams to have difficulty getting to the race.

As I and the administration at the Penn Relays want to put on an event that works for the most race walkers, we ask that you please fill out the following simple questionnaire regarding the date, division, and distances of the race.

Sincerely,  
Jeff Salvage, Race Walk Coordinator

- 1) What date would you prefer for the race walk at the Penn Relays?  
A) the last Saturday in April (the traditional date), starting at 7:00am  
B) the Sunday before the traditional date, starting at 11:00am

Answer the following questions only if you answered B to the first question.

- 2) What distance would you prefer your race to be?  
A) 1 mile  
B) 3K  
C) 5K  
D) 10K

- 3) Would you like a separate high school race?  
A) Yes  
B) No

- 4) Would you like a separate masters race?  
A) Yes  
B) No

5) Please sign your form and indicate how many walkers of what age and sex you bring on average each year.