

USA Masters Combined Events Championships

Shoreline, Washington, August 15 & 16, 2009



USA Masters Combined Events Championships

Men's Decathlon – Women's Decathlon – Women's Heptathlon
Open Decathlon and Heptathlon (non-championship)

When

Saturday, August 15 and August, July 16
Start times will be posted on website

Facility

Woolsey Stadium
All weather track - 3/8" limit on spikes
Grass runway for javelin, no limit for spikes on this surface

Schedule, Directions, Hotels, etc., posted at <http://www.polevaultpower.com/decathlon>

<p>Where Woolsey Stadium, King's High School, Shoreline, WA</p> <p>19303 Fremont Ave N., Shoreline, WA Please consult website for directions as the track is tricky to find.</p> <p>Rest rooms and dressing area at track</p> <p>Sponsored by: Pole Vault Power and Gill Athletics, Inc.</p>	<p>Send entry to: Daunte Gouge c/o King's High School 19303 Fremont Ave N Seattle, WA 98133</p>
<p>Entry Fee \$85 postmarked on or before August 7 \$100 postmarked August 7-10</p>	<p>Awards USATF National Masters Championship Medals Awarded to top three finishers in each age group</p>

A usable selection of pole vault poles will be available, see website for details. Use of the facilities poles means that you are agreeing to replace the pole if you break it. **YOU BREAK IT YOU BUY IT!**

Order of Events – Decathlon

Saturday	Women	Sunday	Women
100 meters	100 meters	Hurdles	Hurdles
Long Jump	Discus	Discus	Long Jump
Shot Put	Pole Vault	Pole Vault	Shot Put
High Jump	Javelin	Javelin	High Jump
400 Meters	400 meters	1500 meters	1500 meters

Order of Events – Heptathlon

Saturday	Sunday
Hurdles	Long Jump
High Jump	Javelin
Shot Put	800
200m	

USA Masters Combined Events Championships
Shoreline, Washington, August 15 & 16, 2009

Registration Form

Make checks payable to Daunte Gouge

Mail Entry (\$85 before August 7, \$100 after August 7) to:

Daunte Gouge
c/o King's High School
19303 Fremont Ave N
Seattle, WA 98133

Please print or type

Name _____ Age (on 8/15/2009) _____

Address _____ Birthdate _____

City _____ State _____ Zip code _____

2009 USATF Number _____ (Required)

Phone Number (____) _____ - _____ Club _____

Event _____ Total Amount _____

Shirt Size _____ Email Address _____

I _____ understand that competing in a track & field competition can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release USATF, Inc., USATF Pacific Northwest Association, CRISTA Ministries, King's Schools and all sponsors and officials from all claims of any kind arising out of my participation in the National Masters Decathlon & Heptathlon Championship Meet. I grant permission for emergency medical treatment for myself by competent medical personnel as required.

Signature _____ Date _____

Emergency Phone Number _____

Please list any info on back of sheet for publicity purposes