



USATF INDIANA ASSOCIATION MASTERS & OPEN INDOOR T&F CHAMPIONSHIPS

Part of the 2010 Hoosier Heartland Track & Field Series
USATF North Region 3000m Race Walk Championships

Saturday, March 13 • Taylor University • Upland, IN

Order of Events:

9:00 am	Late Registration (until 10:00am) and Packet Pickup		
10:00 am	Field Events High Jump Triple Jump Long Jump Pole Vault Shot Put Weight and Superweight	12:00 pm	Running Events 55m Hurdles 55m 1 mile 400m 3000m Race Walk* 800m 200m 3000m *Regional Championship
<ul style="list-style-type: none"> • All running events are finals on time • Events will be run: women first, then men / youngest to oldest age divisions • Men and Women and age divisions may be combined in some events • Throwing implements will not be provided. Athletes must bring their implements. Implements must be weighed/checked between 9:15-9:45am. 			

Age Divisions:

Age of athlete on March 13, 2010.
Open (19-29 yrs.) Masters (30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69.....).

USATF Membership:

To enter you must be a 2010 USATF Member. You may renew/join at www.usatf.org/membership

Entry Fees and Deadlines:

All entries must be submitted online. Visit www.usatf.org/events/2010/IndianaIndoorChampionships/index.asp to enter the meet. Payment options are a Visa credit card or ACH payment from a banking or checking account. No refunds

On-Time Entry: by March 10 (at 11:59 pm ET) - \$15 first event; \$8 each additional event
On-Site: by 10:00am meet day - \$25 plus the above (on-time) entry fees

Awards:

Awards will be presented to the top 3 in each event. Association Championship awards will be presented to the top 3 USATF Indiana members in each event. Equivalent awards will be presented to non-Indiana Association athletes that place in the top 3.

Parking:

Parking at the meet is free

Admission:

Spectators admission is \$5

Facility Rules:

Spikes must be 1/4" or less; athletes must use starting blocks provided by the facility

Contact:

Robert Thomas, 317-201-1934 or rjttrack@hotmail.com
 Lastashia Key, 317-858-3830 or trackgirl4ever@gmail.com

Directions to Taylor: <http://www.taylor.edu/about/directions.shtml>
 Campus map (#22): <http://www.taylor.edu/dotAsset/67714.pdf>

