



USATF West Regional Masters Championships

Presented by SoCalFleetFeet Track Club

July 21-22, 2007 – Occidental College

Sat., July 21 (tentative schedule)

TRACK	TIME	FIELD
10,000M	8:00	
5000M Racewalk (M&W)	8:45	
Steeplechase (M&W)	9:30	Pole Vault (All W, M60+)
80m Hurdles (M&W)	10:30	Long Jump (M30-59)
100m Hurdles (M&W)	10:45	
110m Hurdles (M&W)	11:00	Pole Vault (M30-59)
100 Prelims (M&W)	11:30	
1 Mile (M&W)	12:00	
400m Finals (M&W)	12:30	Long Jump (All W, M60+)
100m Finals (M&W)	1:00	
4x400 Relay (M&W)	1:45	
4x800m Relay (M&W)	1:55	

Sun., July 22 (tentative schedule)

TRACK	TIME	FIELD
5000m (M&W)	8:00	Shot (M&W)
300m Hurdles (M&W)	9:00	High Jump (All W, M60+)
400m Hurdles (M&W)	9:30	Discus (M30-64)
800m (M&W)	10:00	
200m Prelims (M&W)	10:25	
1500m (M&W)	11:25	High Jump (M30-59)
200m Finals (M&W)	12:30	Discus (All W, M65+)
4x100m Relay (M&W)	1:10	Triple Jump (M&W)
4x1500m Relay (M&W)	1:20	

Events being held separately on **Saturday** at Citrus Community College (1000 W. Foothill Blvd., Glendora, CA):

Hammer (M&W)	8:00 a.m.
Weight Throw (M&W)	9:00
Superweight Throw (M&W)	10:00
Javelin (all W, M60+)	11:00
Javelin (M30-59)	12:00 noon

- Medals will be awarded to the first 3 places in each 5-year age group.
- Implements must be checked in 30 minutes prior to event.
- Events begin with women, oldest to youngest, then men, oldest to youngest.
- Entries postmarked after July 9 must include late-entry fee of \$20.
- No entries accepted after July 16.
- Entry fees: First event, \$20; second event, \$10; \$5 for each additional event.
Relays: \$12 per team, payable at meet.
- Make checks payable to: Mark Cleary, 18 Charca, Rancho Santa Margarita, CA 92688
- Contact: runnermark@cox.net

Name _____ Age (on 7/21/07) _____ Birth date _____ Male/Female _____

Address _____ Phone _____

City/State/ZIP _____ 2007 USATF No. _____

Club affiliation _____ e-mail _____

Event	Best mark, '06-'07	Entry Fees
1. _____	_____	First event (\$20) \$ _____
2. _____	_____	Second event (\$10) \$ _____
3. _____	_____	Additional events (\$5 ea) \$ _____
4. _____	_____	Late fee (\$20 after 7/9) \$ _____
5. _____	_____	T-shirt (\$15 each) size: _____ \$ _____
		USATF Region Surcharge: \$ 5.00
		Total: \$ _____

Waiver (Must be signed in order to compete): I hereby waive all my rights that I or my heirs or assigns may have against USATF, SoCal/FleetFeet Track Club and/or Mark Cleary and/or Occidental College arising from any illness or accident that I may sustain in arriving at, participating in, or departing from this event. I declare my good health to participate in this event.

Signed _____ Date _____