

National Masters News Presents:

Age Graded

100 Meter Dash One Mile Run Shot Put

Hosted By:

**Granite Bay High School
Granite Bay, CA**

ENTRY FEE

\$10.00

Payable to: Granite Bay Track & Field

Mail To: Granite Bay High School

#1 Grizzly Way

Granite Bay, Ca 95746

Masters Men's 100 Meter Dash

(9 entries)

Masters Women's 100 Meter Dash

(9 entries)

Masters Men's One Mile Run

(12 entries)

Masters Women's One Mile Run

(12 entries)

Masters Men's and Women's Shot Put

(8 entries)

Saturday, March 13, 2010

As part of the King Gilbert High School Track & Field Invitational, Granite Bay High School, with the assistance of National Masters News, will present four age graded races and one throwing event for athletes 40 years or older.

ENTRY PROCEDURE

Email Entry to: resfish@sbcglobal.net – Deadline March 1, 2010

Include: Name-Age-Event-Current Performance Time-Club. Entries accepted on a first come first served basis.

AWARDS

The top three, on an age graded basis in each race, will receive custom medals with a neck ribbon.

Any participant making the All American Standard for their age group will receive an All American certificate, courtesy of National Masters News.

For information contact Randy Sturgeon at resfish@sbcglobal.net or at (916) 989-6667

Meet Information can be found at: www.granitebaytrackandfield.com