

CHUCK McMAHON MEMORIAL MASTERS TRACK & FIELD MEET

San Diego/Imperial USATF Association Championship

Hosted by the San Diego Track Club
This is a USATF sanctioned meet
Cal State University San Marcos
333 S. Twin Oaks Valley Rd., San Marcos, CA
Saturday, July 17, 2010, 8:00 a.m.



- FACILITIES:** Fast all-weather track. Free parking adjacent to track in dirt lot only.
- PRE-REGISTRATION:** Must be postmarked by 7/12 for all mail-in registration
- ENTRY FEE:** \$20 first event, \$5 each additional event. Proceeds benefit the CSUSM Athletic Program.
- DAY OF REGISTRATION** Day of Race Registration \$35 plus \$5 per event if space is available
- AGE:** Open to athletes 30+ years. San Diego-Imperial USATF Assoc. membership encouraged.
- ORDER OF EVENTS:** First event begins at 8:00 am. Women first - oldest to youngest in 5-year age groups for ages 30 & up. Races may be combined at meet director's discretion.
- AWARDS:** Medals to first 3 finishers in each age group.
USATF members receive Association Championship awards.
- DIRECTIONS:** Highway 78 to Twin Oaks Valley Road exit. South on Twin Oaks Valley Road about 1/4 mile. Campus parking is on left / east. Look for sign to identify dirt parking lot.

Name _____ Circle One _____ As of 7 / 17 / 10 _____ MO / DAY / YEAR
M / F _____ Age _____ Birthdate ____ / ____ / ____

Address _____ Phone Number/(evening): (____) _____

City/State/ZIP _____ E-Mail Address: _____

San Diego/Imperial USATF Association Member? Yes No USATF Number: _____

EVENTS ENTERED (check events entering)

Track Events (approx. times)

- | | | |
|-----------|--------------------------|--------------------------|
| 8:00 a.m. | <input type="checkbox"/> | 5000 m Run |
| 8:40 | <input type="checkbox"/> | 80/100/110 m Hurdles |
| 9:00 | <input type="checkbox"/> | 1500 m |
| 9:40 | <input type="checkbox"/> | 400 m |
| 10:00 | <input type="checkbox"/> | 100 m |
| 10:30 | <input type="checkbox"/> | 200 m/300m/400m Hurdles |
| 11:00 | <input type="checkbox"/> | 50 m (non championship) |
| 11:20 | <input type="checkbox"/> | 800 m |
| 12:00 | <input type="checkbox"/> | 200 m |
| 12:20 | <input type="checkbox"/> | 2000/3000 m Steeplechase |

Field Events (approx. times)

- | | | |
|------------|--------------------------|--------------|
| 8:00 a.m. | <input type="checkbox"/> | High Jump |
| | <input type="checkbox"/> | Long Jump |
| | <input type="checkbox"/> | Hammer Throw |
| | <input type="checkbox"/> | Shot Put |
| 9:00 a.m. | <input type="checkbox"/> | Pole Vault |
| | <input type="checkbox"/> | Discus |
| 11:00 a.m. | <input type="checkbox"/> | Javelin |
| | <input type="checkbox"/> | Triple Jump |

FEEs ENCLOSED: Entry Fee (includes first event): **\$20.00**
additional events x \$5 per event: _____
Total amount enclosed: \$ _____

MAKE CHECK PAYABLE & MAIL TO:
San Diego Track Club
5838 Mission Center Rd, C, San Diego, CA 92123
E-mail: nanista.jennifer@gmail.com

For additional information, please contact Steve Kleinstuber (619) 244-7691 or kleinstuber@cox.net

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights, claims or damages I may accrue against, City of San Marcos, Cal State San Marcos, the SDTC, USATF Inc., USATF San Diego-Imperial and all sponsors of this meet, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from the meet and while competing in the meet.

SIGNATURE: _____ **DATE** _____