



USA TRACK & FIELD THREE RIVERS ASSOCIATION
2010 OPEN and MASTERS TRACK & FIELD CHAMPIONSHIP MEET
 California University PA – California, PA

DATE: June 20, 2010

PLACE: California University PA, California, PA

SPONSOR: USATF Three Rivers Association SANCTION: USA Track & Field – MEMBERSHIP REQUIRED

MEET ENTRY FEE: \$5.00 PER INDIVIDUAL

MEET ENTRY & USATF MEMBERSHIP: \$34.95

ALL ATHLETES MUST PRE-REGISTER - NO DAY OF MEET REGISTRATION

Using Lynx Timing System requires that all athletes are entered into the meet program prior to the start of the meet

EMAIL DEADLINE - THURSDAY JUNE 17 12:00 MIDNIGHT

COMPLETE THIS FORM AND EMAIL TO: threeriversusatf@verizon.net (use email button on Acrobat toolbar or save form and email)

MAILED ENTRIES MUST BE POSTMARKED BY JUNE 11, 2010

Mail Open & Masters entries to: TRA Champ, 109 Evans Drive, McMurray, PA 15317

Meet Information – contact Mark Schwartz – mschwartzusatf@yahoo.com or 412-362-5511

PROOF OF AGE MAY BE REQUIRED: A valid drivers license or age verified 2010 USATF Membership Card

SUNDAY JUNE 20 - MASTERS & OPEN ORDER OF EVENTS

8:30am	3000m/5000m	9:30am	100M Dash	12:00 noon	300Hurdles
8:30am	Racewalk	10:00am	1500M Run	12:30pm	Steeplechase
9:00am	80M/100M/110M Hurdles	10:45am	400M Dash	1:00pm	800M
				1:45pm	200M Dash

FIELD EVENTS SUNDAY JUNE 20 - AS SCHEDULED BELOW

Long Jump & Triple Jump - 9:30am	Pole Vault - 12:00 noon	High Jump - 12:00 noon
Shot Put - 11:30am	Discus - 12:00 noon	Javelin - 9:00am
		Hammer - 8:00am

2010 USATF East Region Open T&F Championship – July 3-4, 2010; Ichabod Crane High School - Valatie, New York
 University of Albany - Albany, New York (Hammer, Weight, Superweight Throws)

More information posted at <http://www.usatf.org/events/2010/EastRegionOpenMastersOutdoorChampionships/index.asp>

OPEN & MASTERS ENTRY FORM

Name _____		Date of Birth _____		Gender _____	
Address _____			Club Affiliation _____		
City/Zip _____			Division: Open _____		Master _____
Please indicate your events:					
100M Dash _____	800M Run _____	3000M RW _____	80M Hurdles _____	Steeplechase _____	
200M Dash _____	1500M Run _____	5000M RW _____	110M Hurdles _____	Relay _____	
400M Dash _____	5000M Run _____	300M Hurdles _____	400M Hurdles _____	4 X _____	
Long Jump _____	Triple Jump _____	High Jump _____	Pole Vault _____		
Shot Put _____	Discus _____	Javelin _____	Hammer _____		

In consideration of my being accepted for participation in the 2010 Three Rivers Association Championship Meet I intend to be legally bound for myself, my heirs, executors and administrators, waive and forever discharge any and all rights and claims for damages which may hereafter occur to me against USA Track & Field, Three Rivers Athletic Association, and California University PA or their officers, agents, representatives, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with or entry in, or arising out of my travel to, participating in and returning from said competition. I further attest that I am physically fit for the competition in the event(s) I have listed above.

Athlete Signature: _____ Date: _____

Phone: _____ Email _____
 (include area code) (PRINT CLEARLY)

2010 OPEN & MASTERS ENTRY FORM