



**USATF Lake Erie Association
Open and Masters Championships
Saturday, August 1st, 2009 – Cleveland Heights High School**

Running Event Schedule

8:30a.m. 3,000m
80 / 100 / 110m Hurdles
100m
1500m
400m Finals
300 / 400m Hurdles
3,000m Racewalk
800m
200m Finals
4x100m Relay Discus
4x 800m Relay
4x 400 Relay

Field Event schedule:

8:30 a.m. Hammer
Shot Put
Pole Vault
High Jump
Discus
Long Jump
Weight Throw
Javelin
Triple Jump

A 2009 USATF membership number is required to enter this meet. Obtain or renew memberships at www.usatf.org. **MEMBERSHIPS WILL BE SOLD AT THE MEET.**

- ✓ ONLY 1/4-INCH PYRAMID SPIKES WILL BE ALLOWED (Spikes will be checked).
- ✓ Participants must be age 14 or older in order to compete.
- ✓ 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.
- ✓ SAME-DAY ENTRIES ALLOWED, ALTHOUGH WE STRONGLY ENCOURAGE PREREGISTRATION.
- ✓ Entry fees: per event, \$6; Relays: \$24 per team, payable at meet.

Make checks payable to: Lake Erie-USATF. Mail to *Jeff Gerson 5091 Hickory Drive Lyndhurst, OH 44124*

Name _____ Age (on 8/1/09) _____ Birth date _____ Male/Female _____
 Address _____ Phone _____
 City/State/Zip _____ 2009 USATF No. _____
 Club affiliation _____ e-mail _____
 Event Best mark, '08-'09 Entry Fees
 First event (\$6) \$ _____
 1. _____
 2. _____
 3. _____
 4. _____

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, Over the Hill Track Club and/or Cleveland Heights High School arising from any illness, injury 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 _____