

LAKE ERIE ASSOCIATION OPEN & MASTERS TRACK & FIELD
CHAMPIONSHIPS

JULY 7. 2007 9:00 AM REGISTRATION : 8:00AM

CLEVELAND HEIGHTS HIGH SCHOOL

13263 CEDAR RD. CLEVELAND, OHIO 44118

ENTRY FEE PER EVENT: \$5 PER EVENT, \$10 PER PERSON 4 RELAY

CONTACT : ED WILSON 330 448 2632, CATHY JONES 330 244 5356,

REX HARVEY 440 954 8122, LARRY SEIFERT 440 842 2142

SCHEDULE OF EVENTS : (ROLLING SCHEDULE) FROM START TIMES

10:00AM
Short Hurdles,
4x100 Relay
800M
100M
3000M Race Walk
60M (Masters Event) in accordance with Masters Event Rule.
300M Hurdles
400 M
1500 M
4 x400

9:00AM
Shot Put
High Jump
Pole Vault
Long Jump
Triple Jump
Discus
Javelin

AWARDS : 1st, thru 6th Place AWARDS WILL BE GIVEN

RELAYS: ONLY CURRENTLY USATF REGISTERED CLUBS

ENTRY FORM :

NAME : _____ AGE: _____ B' DAY _____ GENDER _____

ADDRESS : _____ STATE: _____ ZIP: _____

PHONE: _____ CLUB AFFILIATION _____

EVENTS :

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

AGE GROUPS : 14-29: Open, Masters: 30-34,35-39,40-44, etc
Both Male & Female

DISCLAIMER:

In consideration of your acceptance of this entry form I hereby, for my heirs, executore, and assigns waive any and all claims for damages which I might have against the USATF, the Lake erie Association, it's executive board, officers, Cleveland Heights High School and Community, their agents, representatives, or assigns for any and all damages or injuries suffered by me at this meet. I also certify that I am healthy and sufficiently trained to safely compete in this meet. SIGNATURE: _____

for Approval & Connections ASAP. Shotputdoc@aol.com