



KING of the HILL

Lake Tahoe Masters Track & Field Meet (30& up)

South Lake Tahoe ~ California

Saturday, May 30, 2009 10:00am Field / 11:00am Running

Name _____

Gender: **Male** or **Female** Birth date _____

Age on May 30, 2009 _____

Mailing Address _____

City _____ State _____ Zip _____ Country if not U.S. _____

Day Phone (____) _____ Evening Phone (____) _____

E-mail: _____

Welcome to the King of the Hill Lake Tahoe Masters Track & Field Meet in South Lake Tahoe, CA (Max 4 events per Athlete)	1 st Event \$20.00	2 nd Event \$10.00	3 rd Event \$10.00	4 th Event FREE!	TOTAL FEE
Entry Fee post marked by Tuesday, 26 May 2009 Race Day Registration 8:00am- 12:00pm	Race Day \$30.00	Race Day \$20.00	Race Day \$20.00	Race Day \$10.00	
Throws Events (List one event per box) Shot Put, Discus (Age weight specifications 4 attempts)					
Jumps Events (List one event per box) LJ, TJ, HJ, PV (4 attempts LJ/TJ)					
Running Events (List one event per box) 100m, 200m, 400m, 800m,					
Distance Events (List one event per box) 1500m, 3000m, 5000m					
Hurdle Events (List one event per box) 80m-W/M, 100m-W/M, 110m-M, 400m-all					
Race Walk (List one event per box) 1500m, 3000m, (Starts simultaneously)					
Exhibition Relays (Bring your team or team with new friends at the Lake Tahoe Masters Meet) 4x100m relay (Open) free if entered in 1 event		Free Relay!	Free Relay!	Free Relay!	
Post Meet Dinner Party 6:30pm Mo's Place Pub-Grill-Sports 3600 Lake Tahoe Blvd, next to Super 8 Motel. No Host Bar & Dinner Menu available with Happy Hour Drink Specials!					
T- Shirt (List Size) XS – S – M – L – XL – XXL (Add \$3.00)	\$15.00 each				
Total Fees Due: Check Payable to Lake Tahoe Track Club					

Pre-Race Registration post marked by Tuesday, 26 May 2009

Payable to: Lake Tahoe Track Club, PO Box 5941, Stateline, Nevada 89449

Race Day Registration!! 8:00am to 12:00pm at the Track Facility

Do not mail any entries after Tuesday, 26 May 2009. Register Race Day!

Total \$_____ Check #_____ Date___/___/___

Mail entry and check to: Lake Tahoe Track Club, PO Box 5941, Stateline, Nevada 89449

Waiver: Must be signed by all entrants. I know that running a track race or competing in jumping and throwing events are potentially hazardous events. I am medically able and properly trained for these events which will be conducted between 6200' and 6500' elevation. I assume all risks associated with competing in any of these events including, but not limited to, fall, contact with other participants, effects of weather including heat and humidity, cold and ice, effects of altitude, facility conditions, all such risks of competing being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry I, for myself, and heirs, executor, or anyone entitled to act on my behalf, waive and release all race sponsors, officials, volunteers, employees, the City of South Lake Tahoe, County of El Dorado, States of California and Nevada, Lake Tahoe Unified School District, the Lake Tahoe Visitors Authority, the Lake Tahoe Track Club, Anthony Davis Sports Tahoe, and all government entities, and any of their representatives and successors from all claims or liabilities of any kinds arising out of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I grant my permission to all of the foregoing to use any photographs, motion pictures, video or sound recordings, or any other record of this event for any legitimate purpose. There are no refunds for any reason including the cancellation of the event. The meet schedule is subject to changes by meet management. I will enjoy the scenery and competition. I will check for changes and updates on the internet web site at www.adsportstahoe.com.

Signature: _____ Date: _____ All entrants must sign
waiver (parent/guardian if under 18).

Lodging Information:

Host Hotel - In by the Lake www.innbythelake.com 25% off

Super 8 Motel www.super8tahoe.com

Mo's Place (post Meet Dinner Party 6:30pm)

Best Western Station House Inn www.stationhouseinn.com

Forest Inn Suites www.forestsuites.com

Stacey@forestsuites.com

Lakeland Village www.lakeland-village.com

To find the above visit the Lake Tahoe Visitors Authority
web site: www.bluelaketahoe.com

2009 "King of the Hill"
Lake Tahoe Masters Track & Field Meet (30& Over)
Community Youth Sports Complex @ South Tahoe Middle School

MEET PROGRAM FOR SATURDAY 30 MAY 2009

Start	Event#	Field Events (Start @ 10:30am)	Round
-----	-----	-----	-----
10:00 AM	1	Long Jump Women - All (North Pit)	Final
10:00 AM	2	Long Jump Men- All (South Pit)	Final
10:00 AM	3	Shot Put Men - All	Final
10:00 AM	4	Discus Women - All	Final
10:00 AM	5	Pole Vault (Men & Women)	Final
11:00 AM	6	High Jump (Men & Women)	Final
12:00 PM	7	Triple Jump Men - All (South Pit)	Final
12:00 PM	8	Triple Jump Women - All (North Pit)	Final
12:00 PM	9	Shot Put Women - All	Final
12:00 PM	10	Discus Men -All	Final

- All Throwing Implements weights must be by age specifications
- Pole Vault and High Jump choose your starting height

All Events may start up to 15 minutes EARLY!
Please listen for Announcement of your event

Start	Event#	Running Event (Start @ 11:00am)	Round
-----	-----	-----	-----
11:00 AM	11	5000 Meter Run (Women & Men)	Final
11:45 AM	12	1500/3000 Meter Race Walk (Women & Men)	Final
12:00 AM	13	80 Meter Hurdles Women/Men	Final
12:00 AM	14	100 Meter Hurdles Women/Men	Final
12:00 PM	15	110 Meter Hurdles Men	Final
12:30 PM	16	100 Meter Women	Final
12:30 PM	17	100 Meter Men	Final
12:45 AM	18	1500 Meter Dash Women	Final
12:45 AM	19	1500 Meter Dash Men	Final
1:00 PM	20	400 Meter Run Women	Final
1:00 PM	21	400 Meter Run Men	Final
1:15 PM	22	400 Meter Hurdles Women	Final
1:15 PM	23	400 Meter Hurdles Men	Final
1:30 PM	24	800 Meter Dash Women	Final
1:30 PM	25	800 Meter Dash Men	Final
1:45 PM	26	200 Meter Dash Women	Final
1:45 PM	27	200 Meter Dash Men	Final
2:00 PM	28	3000 Meter Run (Men & Women)	Final
2:20 PM	29	4x100 Meter Relay Exhibition (Open - All)	Final
3:00 PM			

"THANK YOU for "A Great MEET!"

Post Meet Dinner Party 6:30pm – Mo's Place Pub-Grill-Sports 3600 Lake Tahoe Blvd, next to Super 8 Motel. No Host Bar & Dinner Menu available with Happy Hour Drink Specials!

- Race Walk 1500m/3000m starts are simultaneously
- 80m hurdles at (7h) (12m-7m-19m) markings; heights adjustable
- 100m hurdles at (10h) standard track markings; heights adjustable
- 110m hurdles at (10h) standard track markings; heights adjustable
- 400m hurdles at (10h) standard track markings; heights adjustable