

# 2008 Pacific Association USATF Masters Track & Field Championships

## (Open Athletes Welcome)

Sunday, June 22, 2008  
 At Los Gatos High School, 20 High School Court, Los Gatos, CA 95030  
 SPONSORED BY LOS GATOS ATHLETIC ASSOCIATION  
**Pre-Registration Deadline Midnight, June 14, 2008**

- ENTRIES:** All "Entries" will be submitted to [www.directathletics.com](http://www.directathletics.com) (see attached sheet). No phone or FAX entries accepted. You can enter on the day of the meet but you must pay a late entry fee. If any questions call Joy Upshaw-Margerum at 510.816.8009 or email: [coachjoy@sbcglobal.net](mailto:coachjoy@sbcglobal.net)
- FEES:** Prior to June 14<sup>th</sup> (On-Line) \$20 First Event, \$5 thereafter, \$30 Relay  
 Late Entry Fees (after June 14<sup>th</sup>) \$30 First Event, \$10 thereafter, \$40 Relay
- TIMING:** Fully electronic timing (FinishLynx)
- DIVISIONS:** Age on June 22, 2008 determines age group – 30 yrs and above in 5 year age groups
- AWARDS:** Medals to first three places in all Master events by age-group (not Open Division)
- T-SHIRTS:** Custom T-Shirt For Sale at the meet
- FACILITIES:** All Weather 400 meter track surface (1/4" spikes only) concrete throwing rings Long and Triple Jump will have an open pit in all age group divisions
- HEATS:** We will combine races where we do not have enough runners by specific age group divisions

**USATF Cards:** Will be available at the meet **Approximate Time Schedule**

8:15 AM	Race-walk	9:00 AM	Pole Vault (Women then Men)
9:15 AM	5000m	10 – 11:30 AM	Long Jump (Open Pit)
10:00 AM	Hurdles	noon – 1:30 PM	Triple Jump (Open Pit)
10:50 AM	800m	10:00 AM	High Jump (Women then Men)
11:30 AM	4 x 100m Relay		
11:45 AM	400m		

**NOTE: All Weight Events will be held at College of San Mateo  
 1700 W Hillsdale Blvd San Mateo 94402-3784  
 9:30 AM Hammer, followed by Weight Throw, Javelin,  
 Shot Put, Discus  
 No Steeplechase**

1:00 PM	100m		
1:30 PM	1500m		
2:00 PM	Intermediate Hurdles		
2:20 PM	200m		
3:10 PM	4 X 400 Relay		

-----**(cut along line and mail entry and waiver to LGAA)**-----

USATF Card # \_\_\_\_\_ email \_\_\_\_\_

Name \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Address \_\_\_\_\_ Phone # ( ) \_\_\_\_\_

City / St / Zip \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_

Club Affiliation \_\_\_\_\_ Age as of 6-22-08 \_\_\_\_\_

<u>Events Entered</u>	<u>Best recent Mark</u>	<b>Make check payable to LGAA (Los Gatos Athletic Association)</b>
1 _____	_____	PO Box 1334 Los Gatos, CA 95031
2 _____	_____	Amount enclosed \$ _____
3 _____	_____	
4 _____	_____	<b>WAIVER</b>

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 Los Gatos Athletic Association, Los Gatos High School, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while participating in the PAUSATF Masters Track and Field Championships held on June 22, 2008 at Los Gatos High School, Los Gatos, California and/or West Valley College, Saratoga, California.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Meet Directors Joy Upshaw-Margerum – Rick Milam – Willie Harmatz  
 Mail Entries to LGAA PO Box 1334 Los Gatos, CA 95031

**Pre-Registration Deadline Sat, June 14, 2008**

Revised 6-9-08

# 2008 Pacific Association USATF Masters Track & Field Championships

## (Open Athletes Welcome) Sunday, June 22, 2008

### Meet Schedule (Revised 6-09-08)

8:15 AM	5000m Racewalk		1:00 PM	100m	
9:15 AM	5000m Run			women 50+	
10:00 AM	80m Hurdles			women 40 - 49	
	women 40 - 49	30"		women 30 - 39	
	men 70+	30"		men 70+	
	100m Hurdles			men 60 - 69	
	women 30 - 39	33"		men 50 - 59	
	men 60 - 69	33"		men 40 - 49	
	men 50 - 59	36"		men 30 - 39	
	110m Hurdles		1:30 PM	Open Division	
	men 30 - 49	39"		1500m	
	Open Division	42"		women 40+	
10:50 AM	800m			women 30 - 39	
	women 40+			men 60+	
	women 30 - 39			men 50 - 59	
	men 60+			men 40 - 49	
	men 50 - 59			men 30 - 39	
	men 40 - 49		2:00 PM	Open Division	
	men 30 - 39			Inter Hurdles	
	Open Division			women 40+ 30"	
11:30 AM	4 x 100m Relays			women 30 - 39 30"	
	(all divisions)			men 60+ (300m) 33"	
11:45 AM	400m			men 50 - 59 (400m) 33"	
	women 40+			men 40 - 49 " 36"	
	women 30 - 39			men 30 - 39 " 36"	
	men 60+			Open Division 36"	
	men 50 - 59		2:20 PM	200m	
	men 40 - 49			women 50+	
	men 30 - 39			women 40 - 49	
	Open Division			women 30 - 39	
9:00 AM	Field Events at Los Gatos HS			men 70+	
10 - 11:30 AM	Pole Vault (Women then Men)			men 60 - 69	
noon - 1:30 PM	Long Jump (Open Pit)			men 50 - 59	
10:00 AM	Triple Jump (Open Pit)		3:10 PM	men 40 - 49	
	High Jump (Women then Men)			men 30 - 39	
				Open Division	
				4 x 400m Relays	
				(all divisions)	

NOTE: All Weight Events for Masters / Open meet will be held at CSM (College of San Mateo) 1700 W Hillsdale Blvd. San Mateo 94402-3784

9:30 AM: Hammer, followed by Weight Throw, Javelin, Shot Put, Discus

No Steeplechase

All times for events are tentative and approximate. Events may run ahead of schedule.

Athletes are responsible for warming up properly for his or her event. You should arrive at the track at least one hour before posted time.

Revised 6-09-08

