



Pacific Association-USATF 3,000-meter Race Walk Grand Prix &
USATF Western Region 3,000-meter Championships
+ 3,000-meter Power Walk (women & men)

Mount Diablo High School

2450 Grant Street, Concord, CA 94520 - access track by driving SW on Almond Avenue, then NW on Galindo Street.

TWO JUDGED 3,000-m RACE WALKS (separate women & men; conducted under USATF rules)

ONE JUDGED 3,000-m POWER WALK (women & men, following U.S. Power Walking Assoc. rules)

Date: Saturday, March 24, 2018

Times: Women's Race Walk, 10:30 AM Men's Race Walk, 11:15 AM Power Walk, NOON

Ages: 5 to 100+

Location: The entrance to the track is behind (southwest of) the school and its parking lot.

Race walkers must be USATF members to be eligible for awards. Join USATF on-line at
http://www.pausatf.org/ or www.usatf.org.

Fees: \$30.00 pre-register by March 14; \$35.00 race day (same fee for race walk or power walk)

Registration: Make checks payable to the Elisabeth M. Price. By mail, postmarked by March 14 to
Beth Price, 2210 Andromeda Way, Reno, NV 89509-3802

- RACE DAY REGISTRATION ON SITE, 9:30 to 10:15 (women) or until 10:59:59 AM. (men & power walkers)

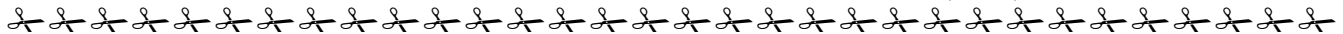
If possible, please bring one or more people along as volunteers to help with such jobs as lap scoring, handing water to athletes during the race, timing, coordinating the finish line, and on-site registration. It typically takes 15 to 20 volunteers, in addition to the judges, to put on a race. Please let Marc Kaiser, kaiserthegael@yahoo.com, Race Director, know who is coming as a volunteer. Thank you.

RESULTS: Will be posted after each race.

AWARDS: PA-USATF Grand Prix medals for first three female and male race walkers
+ USATF Western Region medals for top three female and male race walkers by age group.

SPONSOR:

PACIFIC RACEWALKERS ORGANIZATION (PRO),



USATF-SANCTIONED ALL-COMER RACE

3,000-METER JUDGED RACE WALKS + 3,000-METER POWER WALK

SATURDAY, MARCH 24, 2018

Waiver: Must be signed by each entrant. Entrants under 18 also need parent or guardian signature.

Last Name First Name Race Day Age

Address City State Zip

Telephone number E-mail

Gender: F M USATF member number Birth Date (mm/dd/yyyy)

PA-USATF Club/Team Name (optional)

I know that a track race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete in the event. I assume all risk associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of weather, and track conditions, all such risks being known to and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Pacific Racewalkers Organization (PRO), their officers, directors, race directors and agents; Mount Diablo High School, Mount Diablo Unified School District, Concord, California; USATF; all sponsors; their representatives and successors, from any and all claims or liabilities, real or alleged, of any kind, arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purpose. I understand that the Pacific Racewalkers Organization reserves the right to reject any application and/or issue special entry invitations at their discretion.

Entrant Signature Guardian Signature Date