



**USATF NEW ENGLAND and EAST REGION  
MASTERS TRACK & FIELD  
CHAMPIONSHIPS**

Providence Career and Technical Academy,  
Providence RI

Sunday, January 27, 2019

**Facility** - Providence Career and Technical Academy, 91 Fricker St, Providence RI 02903  
200 meter flat Mondo-like surface oval and runways. 1/4" pyramid spikes only – will be checked

The meet is open to all USATF members age 30 & older. Individuals compete in 5-year age groups, relays in 10-year groups  
USATF Sanctioned. 2019 USATF membership required for all US residents prior to entry. Membership may be obtained online

**ENTRY** – **ONLINE ENTRY PREFERRED** - www.newengland.usatf.org  
**ON-TIME ENRY DEADLINE** for both online and mail-in entry is Wednesday, January 23 at 11:59 pm.

**FEES** - **ON TIME** - \$20 for first event, \$10 for each additional event entry received by January 23  
**LATE ENTRY** - After January 23, a late entry fee of \$10 per athlete will be charged  
**RELAYS** - There is no fee for Masters relays if all runners are already entered in the meet. Otherwise, \$20  
**NOTE** - This is an entry fee, not a participation fee. Fees are not refunded / credited if meet is cancelled  
Day of event entry for masters ENDS AT 10:30 a.m. on Sunday Jan 27 There is no admission fee for spectators

**OPEN EVENTS** – Several open events and youth relays are offered. Contact office@usatfne.org for a separate entry blank

**AWARDS** - **MEDALS** - top three places in each age group of each event final.  
**PERFORMANCE PRIZE MONEY** –Top Male & Female Age Graded marks, Track and Field, EACH WIN \$150 (4 total)  
Open to all masters regardless of Association / Region  
**THROWERS** Jim Chamberas Award plaque to the outstanding thrower based on committee selection  
**TEAM SCORING** – Trophies to top 2 clubs from the East Region, combined M/W scoring

**COMPETITION DETAILS** - Track events take precedence over field events. Plan and enter events accordingly  
**TRACK** - Women then men, old to young. Age groups may be combined to fill sections. NO 27" HURDLES  
**FIELD** – Throws and Horizontal jumps – Three trials attempts, six per age group advance to finals

**MORE INFORMATION:** Online entry, updated Information, and results will be available at http://www.newengland.usatf.org  
As a USATF Sanctioned event, the meet is subject to formal drug testing per USATF Rulebook Rule 144

**USA Track & Field - New England 617-566-7600 office@usatfne.org**  
**Entries must be accompanied by entry fees Checks payable to USATF-NE**  
**MAIL TO: New England Masters Championships, USATF-New England, P.O. Box 1905, Brookline, MA 02446**

**2019 USATF EAST REGIONAL AND NEW ENGLAND MASTERS TRACK & FIELD CHAMPIONSHIPS**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Male/Female \_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ ZIP \_\_\_\_\_  
Telephone \_\_\_\_\_ E-mail \_\_\_\_\_ Club \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on 1/27/19 \_\_\_\_\_ 2019 USATF number \_\_\_\_\_  
Event \_\_\_\_\_ Best Recent Performance and date **Fee - \$20 first event, \$10/additional events**

- 1. \_\_\_\_\_ \$20.00 \_\_\_\_\_
- 2. \_\_\_\_\_ (10.00) \_\_\_\_\_
- 3. \_\_\_\_\_ (10.00) \_\_\_\_\_
- 4. \_\_\_\_\_ (10.00) \_\_\_\_\_

**LATE ENTRY CHARGE** (January 23 & later): \$10 \_\_\_\_\_

**Fee due prior to meet and not refundable for any reason.** Total Enclosed: \$ \_\_\_\_\_ **Checks to USATF NE**

**ASSUMPTION OF RISK AND RELEASE:** I understand that competing in track and field is a potentially dangerous activity and can result in severe injury or death. I attest that I am physically fit, am sufficiently trained, and am familiar with rules and necessary skills for each event I have entered. In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-New England, its employees, agents, officers, the city of Providence RI, sponsors, volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well-being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable for any reason including cancellation of event due to weather conditions.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**SUNDAY, JANUARY 27 2019**

- SELECTED TRACK EVENTS ARE OPEN TO ALL AGES AS NOTED
- OPEN is age 14-29
- Age 30+ **must** enter the championship

**TRACK SCHEDULE**

10:00 a.m. **5000 m run** (27 min limit)  
And **OPEN 5000 m**

10:30 a.m. **3000 m race walk**  
And **OPEN walk** (27 min limit)

11:00 a.m. **\*\*60 m hurdles** Timed finals  
**(there are NO 27" hurdles)**  
To Follow: **60 m**  
Trials, if needed  
Followed immediately by all finals

11:45 a.m. **3000 m run**

12:30 p.m. **400 m**  
**OPEN 1000 meter age14+**  
**1 Mile**

1:45 p.m. **200 m**  
**800 m**

To follow  
Masters/**Open**/Youth Relays  
**4 x 400 m relay**  
**4 x 200 m relay**  
**4 x 800 m relay**  
**Masters combined with Open run first**

**YOUTH Relays - ONLY 4x200 & 4x800**  
**OPEN RUNNERS / YOUTH CLUBS**  
Contact [office@usafne.org](mailto:office@usafne.org) for entry  
\*\*\* **NO 27" hurdles**

Runners may **NOT** run hurdle heights which are not for their age group per the rule book (may not run higher hurdles)

**MEET DAY REGISTRATION BEGINS at 9:00 a.m.**

**JUMPS SCHEDULE**

**Long Jump**  
10:30 Men 30-59  
Followed by Men 60 and over

12:00 All Women

**Triple Jump -**  
1:00 All Men  
Followed by All Women

**High Jump**  
10:30 Men 30-59

12:00 Men 60 and over  
and All Women

**Pole Vault**  
**11:00 a.m. ALL**

Opening height in the pole vault is approximately 6' or based on facility equipment. Only approved pole vault mats and standards are used. Those unable to vault 6'0" should not enter.

Throws and Horizontal Jumps  
- 3 trials / 3 finals for top 6 in each age group

**THIS SCHEDULE AND ENTRY FORM ARE CURRENT AS OF NOVEMBER 15, 2018**

**Times will be adjusted for events after 1:30 p.m. based on the number of participants**

**THROWS SCHEDULE**

**There are two throwing circles**

Warm-up in circles is limited to 10 minutes for each group listed below (not each 5 year division). Please do any preliminary no-implement warm-up out of circles

**Weight** 9:30 a.m. All Women  
followed 10:30 a.m. Men 70+  
immediately 11:30 p.m. Men 60-69  
by 1:30 p.m. Men 50-59  
Superweight to follow – M30-49

**Super Weight**

Immediately follows the respective weight throw (e.g., women's weight followed by women's super)  
**Women's and M70+ Superweight are on the infield in the shot put circle**

Women – all – 10:30  
M70 = all -11:30

**Athletes not observing posted safety procedures may be disqualified**

**Shot Put** 9:30 a.m. Men 60-69  
12:30 p.m. Women  
1:30 p.m. Men 70+  
To follow Men 30-49  
To follow Men 50-59

Times will be adjusted for events after 1:30 based on number of participants

**TOP THROWER AWARD**

**The Jim Chamberas Award** will be awarded to the outstanding thrower based on committee selection.

**Directions to Providence and Career and Technical High School 91 Fricker St, Providence RI 02903**

From North - I-95 south to Exit 21 (Atwells Ave). Merge onto service Rd, Right on Broad, Right on Fricker  
From South- I-95 north to Exit 16. Merge onto RI 10 North, 3.1 miles to Westminster St, Exit toward Olneyville Square.  
Turn right at Westminster St, then immediate right on Winter which becomes Fricker.

*Please park only in designated spaces !*

<p><b>HOTELS</b> Numerous hotels are located just off of I-95 in Providence, 5-15 minutes from the track</p>		<p><b>ABSOLUTELY NO FOOD OR DRINK INSIDE THE TRACK AREA</b></p>	