



Southwest Region Masters Outdoor Track & Field Championship
 (Open Athletes – ages 19 thru 29 – are invited to participate)
Saturday – July 9, 2005
University of Tulsa, OK 600 S. College Ave. 74104
Registration Form *revised 5-20-2005*

****Field Events begin at 1:00 p.m. **Running Events begin approximately 5:00PM.**

Pre-registration – Postmarked by June 30th
1st Event: \$15.00 / 5.00 per additional events

Regular registration – July 9th - 8:00AM
1st Event: \$20.00/5.00 per additional events

USATF cards must be presented upon check-in. USATF membership will also be available on site.

Name: _____

Address: _____ Ph# _____

DOB: _____ Age on 7/09/05: _____ Gender: _____

Check events and best performance in 2005:

Field Events:

Weight Pentathlon _____ Hammer _____ Shot _____
 Discus _____ Javelin _____ Weight _____ Super Weight _____
 Long Jump _____ Triple Jump _____ High Jump _____ Pole Vault _____

Hurdles & Race-Walk:

80/100/110 HH _____ 300/400 IH _____ 3000RW _____ 1500RW _____

Running Events:

5000 _____ 1500 _____ 800 _____ 400 _____ 200 _____ 100 _____

Relays: 4x100 _____ 4x400 _____ 4x800 _____

Athlete's Release: I voluntarily agree to participate in the Southwest Region Masters Championship, as evidenced by submission of this registration form, along with my signature below. I, for myself, my heirs, personal and/or professional representatives, agents and/or assigns do, hereby release USA Track & Field, Inc., the Southwest Region of USATF, the Oklahoma Association of USATF, all other associations of USATF, University of Tulsa & its Affiliates, any and all agents, representatives, participants, sponsors, and any person or entity affiliated with the said track & field meet from any and all liability that may result from my participation and/or competing in said track & field meet; including, but not limited to: accident, injury, and death, as well as loss or damage of property. I, also agree that in the event of my need for medical attention, in which case I am unable to consciously and coherently respond or make a decision regarding treatment for myself, and/or family members, friends, or no other representative is present or available for contact, I authorize the administration of emergency medical treat, medication, and/or hospitalization, if necessary.

Athlete's Signature

Date

Mail Entry & Fees to:

Janet Smith, High Performance Chair, USATF-Oklahoma
 P.O. Box 411 - Tulsa, OK 74101

masterstrackmail@yahoo.com

For More Info visit: www.usatf.org/assoc/ok or www.dallasmasters.com

****Make checks payable to USATF Oklahoma Association***



Southwest Region Masters Outdoor Track & Field Championships
University of Tulsa, Oklahoma
600 S. College Ave – Tulsa, OK 74104
Saturday – July 9, 2005

ORDER OF EVENTS

Registration begins at 8:00AM

Field Events:

Weight Pentathlon	(competed during individual throwing events in proper order)
Hammer Throw	(Women/Men)
Shot Put	(Men/Women)
Discus	(Women/Men)
Javelin	(Men/Women)
Weight Throw	(Women/Men)
Super weight Throw	(Men/Women)
Long Jump	(Women/Men)
High Jump	(Men/Women)
Triple Jump	(Women/Men)
Pole Vault	(Men/Women)

Running Events:

5000 M Run
80 M Hurdles
100 M Hurdles
110 M Hurdles
800 M Run
4 X 100 M Relay
3000 M Race Walk
200 M Dash
4 X 800 M Relay
300 M Hurdles
400 M Hurdles
100 M Dash
1500 M Run
400 M Dash
1500 M Race Walk
4 X 400 M Relay

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- All Events on a rolling schedule. Running Events competed as Timed Finals.
 - Running events competed from oldest to youngest. Field events competed from youngest to oldest. Genders alternated for field events. Women first for running events.
 - Competitors in the Weight Pentathlon may also compete in individual throwing events.

***Field Events will begin at 1:00 p.m. (after the J.O. Region 9 field events are finished)*
***Running Events are scheduled to begin at approximately 5:00PM (following the Finals of the Junior Olympic Region 9 championship). Time may vary depending on the end of the J.O. championship Finals. The meet will begin earlier ONLY if feasible for, and at the discretion of the Meet Director, as with any change made to the Order of Events.*