

2005  
USATF  
Southwest Region Masters

Outdoor Track & Field Championships

University of Tulsa

600 S. College  
Tulsa, OK 74104

Track Location

6<sup>th</sup> and Delaware  
(600 South Delaware)

Tulsa, Oklahoma

Saturday - July 9, 2005

Meet & Entry Information

**Meet Director:**

Janet McCarty Smith, Chairperson  
High Performance Track & Field  
USATF Oklahoma

[masterstrackmail@yahoo.com](mailto:masterstrackmail@yahoo.com)

(918)-277-3723 (c) (512)-857-7899 Voice Mail

### **Entry Information:**

All entries must be sent to:

Janet Smith, High Performance Chairperson c/o USATF Oklahoma  
P.O. Box 411 – Tulsa, OK 74101

Pre-registered entries must be submitted (postmarked) by June 30<sup>th</sup>.

**(ALL Hurdlers & Relay Teams MUST pre-register.)**

Regular Registration will be from 8:00AM – 10:00AM onsite.

Please include your event results from the most recent USATF Sanctioned meet in which you have competed. Teams must also submit relay roster with pre-registration.

### **Entry Fees for Region 9:**

#### **Track & Field**

1<sup>st</sup> Event: \$15.00

Additional Events: \$ 5.00 per event

**\*Make checks & money orders payable to USATF Oklahoma.**

USATF memberships are required. You may obtain membership through your local Association, or online at: [www.usatf.org](http://www.usatf.org). Memberships will also be available for purchase onsite during regular registration between 8:00AM – 10:00AM. Please bring proof of age.

### **Relay Teams:**

ALL Relay teams must pre-register by June 30<sup>th</sup> (postmarked), and submit a relay roster, as well as event results from the most recent USATF Sanctioned meet competed.

### **MEET INFORMATION:**

**Parking:** Parking at the University of Tulsa is free, though limited.

**Athletes' Meeting:** . An Athletes' meeting & reception will be held on Friday, July 8<sup>th</sup> at 8:00 PM at the host hotel: Rodeway Inn & Suites. **This is the time to double check your entries and to make any scratches & ask questions. Special pre-registration will also be available during this time (8:00 PM – 10:00 PM).** Please plan to attend.

**Packet Pickup:** Pre-registered competitors may pick up their packets during the Athletes' Meeting & Reception on Friday, July 8<sup>th</sup> between 8:00 PM – 10:00 PM, as well as during regular registration on Saturday, July 9<sup>th</sup> between 8:00 AM – 10:00 AM.

**Admission:** There is no gate admission for spectators or competitors of the Southwest Region Masters Outdoor Track & Field Championship. Only athletes with designated wristbands will be permitted in the competition area.

**Athlete Check In:** The check in area is located outside the track to the east. Look for a tent. Athletes only will be allowed in the check in area. This is also the warm up area, and all warm ups must be done in this location. From there, athletes will be escorted to the track. If the athlete does not check in, they will be scratched from the event.

Check In for Field Events will be directly at the event. **Listen for your call. Remember: This meet is on a rolling schedule. Please take this into consideration when planning your arrival.**

**Implements:** Shot puts and discus will be provided. Competitors must provide their own Javelin, Hammer & Weights. Private implements may be used if the implement is certified by the inspector of implements at least 1 ½ hours prior to start of the event. Implement certification room is open daily between 7:30 and Noon and is located on the north side of the track near the main entrance.

**Track Facility:** The University of Tulsa is a new track, built in 2003. The warm-up area is outside the track to the east and is where the athletes check in for running events. The maximum allowable spike length is 1/4" on all track surfaces. Eight (8) 42" lanes, Jumping areas are all polyurethane,

the shot and discus surfaces are concrete. The javelin area will be inside the stadium and is a grass runway. Javelin throwers may wear longer spikes. This is a NO SMOKING facility.

**Food Service:** There will be a concession stand on the north side of the track. Coolers and food bags are allowed into the stadium, however, NO GLASS products are allowed for safety reasons. And we ask that competitors, clubs and families be courteous about disposing of their trash.

**Awards and Results:** Awards should be picked up after the results of that competition have been posted. The awards are located at the North End of the west stands. The top 3 athletes in each competition will receive awards. Please see the Meet Director for any corrections within 30 min. of posting the results.

**Protests:** Protests must be made in writing and filed with the Appeals Committee within 30 minutes of the posting of the results. A cash fee of \$50.00 will be required to file a protest and will be refunded if the protest is upheld. The protest table will be located at the awards table.

### **Other Information:**

This is a rolling time schedule. It is the responsibility of the athlete to be aware of the progress of the meet and listen for their event to be called. Only athletes with wristbands will be allowed in the competition areas.

Age groups may be combined if necessary, and at the discretion of the Meet Director.

#### **\*ALL RACES ARE TIMED FINALS.**

\*All athletes must wear their bib number on the front of their uniform top. LOST numbers will cost \$10.00 to replace.

\*Tents & canopies are allowed only on the west side in the adjoining park.

**\*Sportsmanlike conduct at all times is mandatory (pre-competition, competition and post-competition.) Unsportsmanlike conduct may result in athlete, team, coach, or other representative disqualification and/or ejection from the competition. Competitors will sign a sportsmanship agreement before receiving wristband for competition.**

## **SCHEDULE OF EVENTS:**

**Saturday, July 9 Field Events begin at approximately 1:00 PM** \* *Competed Oldest to Youngest.*

### **Throws:**

Weight Pentathlon

(competed during individual throwing events in proper order)

Hammer Throw (Women/Men)

Shot Put (Men/Women)

Discus (Women/Men)

Weight Throw (Women/Men)

Super Weight Throw (Men/Women)

Javelin (competed last) (Men/Women)

### **Jumps:**

Long Jump (Women/Men)

High Jump (Men/Women)

Triple Jump (Women/Men)

Pole Vault (Men/Women)

**Saturday, July 9 Running Events begin approximately 5:00 PM** \* *Competed Oldest to Youngest.*

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

**Lodging in Tulsa, OK** - mention "USA Track & Field Regional" with all reservations for the following hotels.

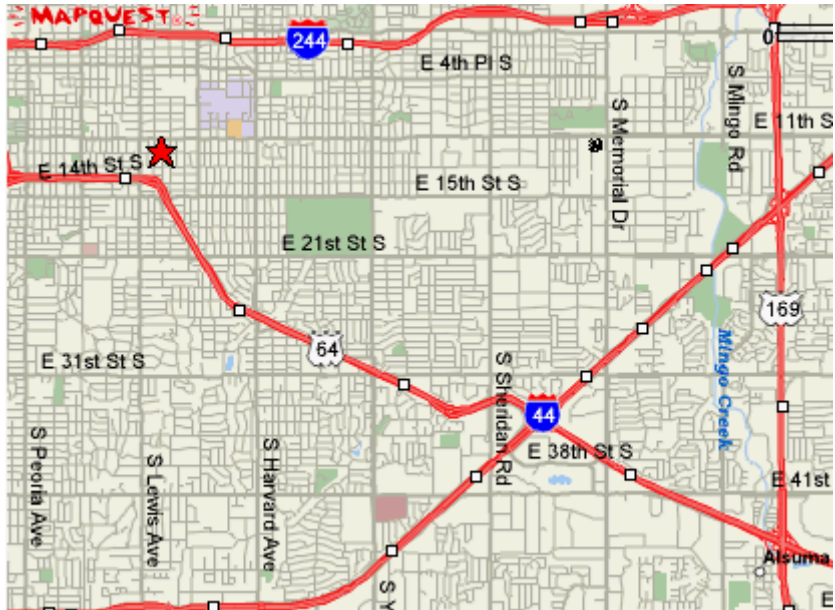
**Host Hotel: Rodeway Inn & Suites**  
8181 E. 41<sup>st</sup> Street – Tulsa, OK 74145  
**\*Make Reservations with Carolyn Lytle:**  
(918)-664-7241 (o) (918)-662-0314 (Fax)  
**\*\$59.00 Executive Suite \$75.00 Penthouse Suite**

**Other Hotels:** Sheraton Tulsa Hotel\_- \$70.00 double  
10918 East 41<sup>st</sup>, Tulsa, OK 74146  
(918)- 627-5000

Great Western Downtown Plaza Hotel  
17 West 7<sup>th</sup> Street – Tulsa, OK 74119  
(918)-585-5898 or (800)-585-5101  
**\*Make Reservations with: Narmeen Shaker**  
\$55.00 Single/Double

See Maps on next page.

Map of Tulsa--For more detail go to: [www.mapquest.com](http://www.mapquest.com)



University of Tulsa Area

