



**2020 USATF East Region and
Potomac Valley Association Masters Indoor Championships
Sunday, January 19, 2020**

Entry Form

Name: _____ 2020 USATF# _____

(Membership may be purchased on line prior to meet- www.usatf.org bring receipt.)

Address: _____

City, State: _____ ZIP: _____

Telephone: Home: _____ Cell: _____

E-mail Address: _____ M/F: _____

Date of Birth: _____ Age (on 1/19/20): _____

Club/Team Name or Unattached: _____

Fees:

| | | |
|--|--|----------------|
| \$35 for first event | (for mail in entries postmarked on or before 1/6/20) | \$35 |
| \$10 for each additional event (no limit) x number of events | \$10 x ____ = | \$ ____ |
| Total | | \$ ____ |

Day of event entry – cutoff 9:00am - \$50 for first event; \$15 for each additional event

Relay entries only on-site - \$30 per team.

Checks should be made payable to M-NCPPC

Event: Time / Height or Distance Event: Time / Height or Distance

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

Mail to: USATF East Region Masters Indoor Championships
Attn: Jerry Bookin-Weiner
5678 Thicket Lane
Columbia, MD 21044

More info may be found on: <https://tinyurl.com/y37omeq5>

Direct questions to: throwsguy@gmail.com

All participants must sign this waiver of liability prior to competing. There will be no exceptions.

I agree to waive and release any and all claims I may have against all sponsors, officials, assistants and employees of this meet including Prince George’s County, Prince George’s Sports & Learning Complex, Maryland – National Capital Park and Planning Commission, and USA Track and Field, for any damages or injuries I may suffer in route to or as a result of my participation in this meet. I affirm that my physical condition and fitness are adequate for me to participate safely in this meet. I agree to release my name and photo for publicity purposes.

Signature _____ Date _____

The Prince George’s Sports & Learning Complex is a facility of the M-NCPPC, Department of Parks and Recreation. The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Please contact the facility at least two weeks in advance of the program start date to request accommodations (i.e. sign language interpreters, support staff, etc.).



2020 USATF East Region and
Potomac Valley Association Masters Indoor Championships
Sunday, January 19, 2020
Meet Schedule

7:00 Late Registration (ends at 9:00 am or when event starts, whichever is first)

FIELD EVENTS

| | |
|-------|---|
| 8:00 | Weight Throw, followed by Superweight Throw (M19-59) |
| 10:00 | Weight Throw, followed by Superweight Throw (M60+) |
| 11:30 | Long Jump (All Women and M19-49) High Jump (All) Pole Vault (All) |
| 11:30 | Weight Throw, followed by Superweight Throw (All Women) |
| 12:30 | Long Jump (M 50-59) Shot Put (All Women) |
| 1:30 | Shot Put (M70+) Long Jump (M60+) |
| 2:30 | Triple Jump (All) Shot Put (M60-69) |
| 3:30 | Shot Put (M19-59) |

RUNNING EVENTS

| | |
|-------|---|
| 10:00 | 60 m Hurdles |
| 11:00 | 3000m Race Walk |
| 11:45 | 60m (trials if necessary/finals if no trials necessary) * |
| 12:00 | 3000m |
| 12:45 | 400m |
| 1:15 | Mile Run |
| 1:45 | 200m |
| 2:30 | 800m |
| 3:00 | 60m (finals if trials are necessary) |
| 3:30 | 4 x 200 meter relay |
| 4:00 | 4 x 400 meter Relay |

NOTE: 60m trials will be run, if necessary in an age group, at 11:45 am, with finals at 3:00 pm. If no trials are necessary in an age group, the final will be run at 11:45 am.