

2009 Rocky Mountain Masters Games

Colorado State University, Ft. Collins, CO

August 29 & 30, 2009 (1 week before Labor Day weekend)

Sanctioned by USA Track & Field

Sponsored by the Colorado Masters Track & Field Club (www.cmtf-club.org)

Schedule of Events		Registration			
Saturday, August 29 8:00 Hammer, women & 70+ men Shot Put, 19-69 men 8:15 3K Race Walk 8:45 3K Run on track 9:00 Pentathlon Hammer, 19-69 men Shot Put, women & 70+ men 11:30 Discus, women & 70+ men Javelin, 19-69 men 12:30 Discus, 19-69 men 1:30 Javelin, women & 70+ men 2:00 Weight Throw, ALL Super Weight, ALL - immediately after Wt. Throw 5:30 <u>Colorado Masters Meeting & Dinner, Golden Corral, 901 E. Harmony Rd. Participants, officials, family & friends invited</u>		Circle Events Entered Track events: 50m 100m 200m 400m 800m 1500m 3000m 3K Race Walk 80m HH 100m HH 110m HH 300m IH 400m IH Field events: High Jump Pole Vault Long Jump Triple Jump Shot Put Discus Pentathlon Wt. Pent. Wt. Throw Javelin Hammer Super Weight		Name: Address: City: State: ZIP: Phone: Email: Sex: Age: Birthdate: USATF 2009#:	
Sunday, August 30 8:30 1500m Weight Pentathlon 9:00 80m High Hurdles 100m High Hurdles 110m High Hurdles High Jump (starting at 5') 9:45 100m 10:00 Long Jump Pole Vault (starting at 9'6") 10:45 800m 11:15 50m 11:45 Predict Time Fun Mile Pole Vault (starting at 5') High Jump (low height) 12:30 200m 1:00 Triple Jump 1:30 300m Intermediate Hurdles 400m Intermediate Hurdles 1:45 400m 4x100m Relay 4x100m Mixed Fun Relay		If both the pentathlon and open throwing events are entered on Saturday, only a total of six throws will be permitted. The first three throws count for the pentathlon; all six count for the open javelin and discus. Cost: First Event \$10 if pre-registered or \$15 if registered day of meet \$ _____ No. of additional events ____ x \$5 \$ _____ Event Total:* \$ _____ (*If total is over \$30, enter \$30) Rocky Mountain Masters Games T-shirts are \$15 (circle size): \$ _____ SM MED LG XL XXL Tax deductible donation \$ _____ GRAND TOTAL: \$ _____ Make checks payable to "CMTFC" () I have a disability for which I am requesting an accommodation. (Visit www.usatf.org/about/legal/policies/ADA.asap.) My Americans With Disabilities Act accommodation request is:		To compete in the Rocky Mountain Masters Games, I do, for myself, my heirs, and my administrators, waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue to me or my heirs against Colorado USA Track and Field, the sponsors, officers, and agents thereof. I certify that I am in good physical condition and recognize that this meet will be held at high altitude (~5000 ft.) and that the weather conditions can vary from very hot to very cold in short periods of time. Signed: Date:	
Age Groups* Masters , 5 year age groups: 35 – 39, 40 – 44, 45 – 49, etc. Submasters: 19 - 29, 30 – 34 *Age as of day of meet Awards: Places 1-3 in each event receive RMMG medals. Entry Deadline: Pre-registration is preferred. However, registration on the day of the meet is acceptable.		Contacts Jim Weed, 303-451-8727 rockymtnmastersgames@msn.com Jerry & Christel Donley 719-635-1264 Throws & Implements: Tim Edwards, 303-724-0606 tedwa851@gmail.com		Mail registration and check to: Colorado Masters Track & Field Club c/o Jim Weed 2203 E. 149th Ave. Thornton, CO 80602	