

**2018 LAKE ERIE ASSOCIATION  
USA Track & Field  
Men and Women Open & Masters Championship  
And Age Group Invitational  
Saturday July 14th**

**Location: BEDFORD HIGH SCHOOL 475 Northfield Rd. Bedford OH 44146**

**Age Groups: Open** (14 to 29 anytime in 2018), **Sub Master** (30-34, 35-39), **Master** (40-44, 45-49, etc. in 5 year groups (age as of meet day).

**Rules:** Competition will be conducted under current USATF rules.

**Sanction:** by the Lake Erie Association of USA Track & Field, the only internationally recognized T&F governing body in the U.S.

**Meet Starts at 9:00 AM:** Note! USA Track & Field 2018 membership required- USAT&F cards are available on line at USATF.org .

**Cards cannot be issued at the meet.**

**Entry Fees:** \$8 per event..\$32 for relays.

**Relays:** Relay entries will be day-of-meet & will be \$32 per team. Championship relays will be only for USATF registered clubs, but any relay may enter the Open division and earn equivalent non-championship awards. Sub-master's and Master's relays will be in 10 year groups; 30-39, etc

**Awards: Association Championship medals** for the first 3 places in each event of all Divisions. Equivalent awards for non-Lake Erie guests.

**Facilities:** Synthetic 8 lane 400 meter oval & runways concrete throwing rings.

**Flights and Heats** will be seeded from pre-entry information and final results will be determined by time or distance. Age Groups may be combined as required but separate age group awards will be given.

Masters (M35+ & W35+) competition will be with implements, distances, and heights per USATF specifications.

**Sub Master (M30-34 & W30-34)** competition will be with Open specifications except Men's Hurdles which will be 39".

**Open (age 19 - 29) . Sub-Master & Master** age is determined by your actual age as of July 22nd Sub Masters and Masters must compete in their own Age Groups except for the Relays where they may move down.

Age groups: 9-10 (2008-2009) 11-12 (2006-2007) 13-14 (2004-2005) 15-16 (2002-2003) 17-18 (2000-2001)

Age Groups 9-10 and 11-12 may only participate in 3 events including relays. Other age groups 4 events including relays.

Age Group	Discus	Shot Put	Age Group	Discus	Shot Put
Men Open	2.0 Kilo	16 Pound	Women Open	1.0 Kilo	4K
M30-49	2.0 Kilo	16 Pound	W30-34	1.0 Kilo	4K
M50-59	1.5 Kilo	6 Kilo	W35-39	1.0 Kilo	4K
M60-69	1.0 Kilo	5 Kilo	W50-79	1.0 Kilo	3K
M70	1.0 Kilo	4 Kilo	W80+	.75 Kilo	3Kilo

**Detach here and send to: USATF Lake Erie Association, c/o JoAnn Kitchen,8403 Victoria Dr.Broadview Hts. OH 44147 Please make checks payable to Lake Erie USATF. Any questions you may contact JoAnn Kitchen at email kitchgj@aol.com or Jeff Gerson 440-473-0636, DEADLINE FOR ENTRIES WILL BE WEDNESDAY JULY 11<sup>th</sup> .NO DAY OF MEET ENTRIES**

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NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_ (day of meet)

ADDRESS \_\_\_\_\_ GENDER: M F

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

USATF # (Required!) \_\_\_\_\_ TELEPHONE \_\_\_\_\_

CLUB \_\_\_\_\_

Events: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

ATHLETE'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT OR GUARDIAN'S SIGNATURE \_\_\_\_\_ (If athlete is under 18)

The rolling time schedule is as follows:

**8:30 AM**

**3000 M Walk**

**9:00 AM**

**followed by  
followed by  
followed by  
followed by  
followed by  
followed by  
followed by  
followed by**

**1500 Meter Run  
Short Hurdles  
400M DASH  
100M DASH  
4 X 100M RELAY  
800M RUN  
LONG HURDLES  
200M DASH  
3000M RUN  
4 x 400M RELAY**

**9:00 AM**

**followed by  
followed by  
followed by**

**Shot Put  
Discus  
Hammer  
Javelin**

**9:00 AM**

**followed by**

**High Jump  
Pole Vault**

**9:00 AM**

**followed by**

**Long Jump  
Triple Jump**