



SANCTIONED EVENT SANCTIONED EVENT



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***Lake Erie Association Open & Masters  
Indoor Track & Field Championship  
Saturday, March 6, 2010***

THE GAREAT SPORTS COMPLEX  
1822 SOUTH BROADWAY  
GENEVA, OHIO 44041  
[HTTP://WWW.GAREAT.ORG](http://www.gareat.org)

**"THE NEW PREMIER INDOOR TRACK AND FIELD ARENAS IN AMERICA"  
DIRECTIONS ARE LISTED ON THE FINAL SHEET ...**

***Fees:***

Entry fee is \$8.00 for each **individual event** an athlete enters and \$32.00 **per relay team**. No entry fee will be transferred or refunded. **Make all checks payable to USATF Lake Erie. Entries will not be processed unless the entry fee is received by the deadline.**

***Eligibility:***

**Lake Erie Association Open & Masters Indoor Track & Field Championship**

This meet is open to 2010 USATF member athletes who fall within the age divisions listed below. Memberships can be obtained through your Association Membership Chair ([www.usatf.org/associations](http://www.usatf.org/associations))

**Jeff Gerson, 5091 Hickory Drive, Lyndhurst, OHIO 44124**

Or online ([www.usatf.org/membership](http://www.usatf.org/membership)). **Non USATF cardholders are ineligible to participate in this event.**

***Age Divisions:***

Age divisions are determined by year of birth. Listed below are the events that will take place in each age division:

Age Divisions Sub-Bantam (2002 – later) 60m, 200m, 400m, LJ, 4x200, 4x400, Racewalk

Bantam (2000 - 2001) 60m, 200m, 400m, 800m, 1500m, LJ, SP, HJ, 4x200, 4x400, Racewalk

Midget (1998 – 1999) 60m, 200m, 400m, 800m, 1500m, 3000m, 60H, LJ, SP, HJ, 4x200, 4x400, 4x800, Racewalk

Youth (1996 - 1997) 60m, 200m, 400m, 800m, 1500m, 3000m, 60H, LJ, TJ, SP, HJ, PV, 4x200, 4x400, 4x800, Racewalk

Intermediate (1994 - 1995) 60m, 200m, 400m, 800m, 1500m, 3000m, 60H, LJ, TJ, SP, HJ, PV, 4x200, 4x400, 4x800, Racewalk

Young (1992 - 1993) 60m, 200m, 400m, 800m, 1500m, 3000m, 60H, LJ, TJ, SP, HJ, PV, 4x200, 4x400, 4x800, Racewalk

Open (19 – 29) 60m, 200m, 400m, 800m, 1500m, 3000m, 60H, LJ, TJ, SP, HJ, PV, 4x200, 4x400, 4x800, Weight Throw, Racewalk

Masters (30 - +) 60m, 200m, 400m, 800m, 1500m, 3000m, 60H, LJ, TJ, SP, HJ, PV, 4x200, 4x400, 4x800, Weight Throw, Racewalk

Sub-Bantam, Bantam & Midget age groups can compete in a maximum of three (3) events including relays.

Youth, Intermediate and Young Men/Women can compete in a maximum of four (4) events including relays.

Open and Masters athletes do not have a limit on the number of events that they can compete in. **In individual events Athletes must compete in their true age divisions – NO "MOVING UP"! Athletes may compete out of their age groups in Relay events.**

Open athletes are athletes that are 19 through 29 years of age (The athlete is 19 between January 1, 2010 and August 2, 2010. Birth dates that are between August 3 and December 31, 2010 compete in the youth division).

Masters athletes will be competing in age groups. Open and Masters athletes that are outside of the Lake Erie Association may compete in this championship.

**Entries via Mail**

***The entry confirmation and fee must be received by Thursday, March 4<sup>th</sup>, No exceptions!***

Mail this registration form, along with your fee and/or donation check or money order made payable to USATF Lake Erie Association, to:

***Make checks payable to USATF LAKE ERIE***

***Entry Fee***

Mail to: **Attention:**

**Jeff Gerson, 5091 Hickory Drive, Lyndhurst, OHIO 44124**

**Awards:**

Individual event awards will be presented to participants who finish 1<sup>st</sup>– 3<sup>rd</sup> place. Relay participants will be awarded for 1<sup>st</sup> and 2<sup>nd</sup> place finishes.

*No radios, glass containers, or alcoholic beverages are allowed in the facility.*

**Equipment:**

Starting blocks will be provided.

**Event Schedule**

**10:00 a.m.**

**Running Events.....Field Events**

**3000 Run**

**4x800m Relay**

**60m Hurdles**

**60m Dash**

**800m Run**

**400m Dash**

**4x200m Relay**

**1500m Run**

**200m Dash**

**3000m Racewalk**

**4x400m Relay**

**Long Jump**

**Triple Jump**

**High Jump**

**Shot Put**

**Pole Vault**

**Weight Throw**

Events will run oldest to youngest, female then male (except hurdles which will be males first oldest to youngest).

**Lake Erie Association Open & Masters  
Indoor Track & Field Championship  
Saturday, March 6, 2010**

**ENTRY FORM**

Please note: Incomplete or unsigned forms will not be accepted.

Name: \_\_\_\_\_

Team Name or Unattached \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

USATF Membership Number: \_\_\_\_\_

(Must be a current member – note all memberships purchased after November 1 are good for  
2009 and 2010)

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age as of Event Day: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ (check one)

EVENTS ENTERED \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

***Make checks payable to USATF LAKE ERIE  
Entry Fee***

Mail to: **Attention:**

**Jeff Gerson, 5091 Hickory Drive, Lyndhurst, OHIO 44124**

**Questions or Concerns please contact: Jeff Gerson 440-473-0636**

Athlete's release – In consideration of the acceptance of this entry I hereby, for myself, my heirs, executors, administrators and assigns release and discharge the sponsors and operator's of USATF LAKE ERIE Open/Masters Indoor Championships and the agents and employees from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said event to be held on *Saturday, March 6th, 2010*. I specifically release and discharge said operators and sponsors from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and I agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event the same being my sole responsibility. I also give my permission for the free use of my name and picture in any broadcast, telecast or other written account of the event. I understand that I am voluntarily participating in the USATF LAKE ERIE Open/Masters Indoor Championships at my own risk and at my own request.

Athlete Signature \_\_\_\_\_

Emergency Contact and Phone Number \_\_\_\_\_

**Directions**

**From Cleveland:**

Go East on I-90. Exit off the Geneva Exit (Rt. 534). Take a left at the light heading north. GaREAT will be on your right hand side. The entrance to the sports complex is between Chops and Wendy's Restaurant.

**From Erie:**

Go West on I-90. Exit off the Geneva Exit (Rt. 534). Take a right off the exit heading north. GaREAT will be on your right hand side. The entrance to the sports complex is between Chops and Wendy's Restaurant.

**From Pittsburgh:**

Take PA Turnpike to OH Turnpike. Take first exit marked 680 towards Youngstown. The road will take you around Youngstown and then exit 680 onto Route 711 at exit 3a. Route 711 then turns into Route 11. Stay on Route 11 about 40 miles until you hit I-90 and take that west for two exits to the Geneva Exit (Rt. 534). Take a right off the exit heading north. GaREAT will be on your right hand side. The entrance to the sports complex is between Chops and Wendy's Restaurant.