



PAIN – McMAHON MASTERS TRACK & FIELD MEET

San Diego/Imperial USATF Association Masters Championship



Saturday, July 27, 2019, 8:00 a.m.

Balboa Stadium, 1418-1570 Russ Blvd, San Diego, CA 92101

- FACILITIES:** Fast all-weather track. Free parking adjacent to track.
- ONLINE REGISTRATION:** Available to SDTC members or USATF members at **ATHLETIC.NET**
- MAIL-IN REGISTRATION:** Must be postmarked by Saturday, July 20; use form below.
- ENTRY FEE:** Online by July 23; postal mail by July 20; \$20 includes 1st event; \$5 each additional event.
- DAY OF REGISTRATION:** If space is available – \$35 for 1st event, plus \$5 for additional events.
- ELIGIBILITY:** Events open to athletes 30+ years. USATF membership encouraged but not required.
- ORDER OF EVENTS:** First event begins at 8:00 am. Women first; oldest to youngest in 5-year age groups. Races may be combined at meet director's discretion.
- AWARDS:** Medals to first 3 finishers in each age group. USATF members receive Association awards.
- DIRECTIONS:** USE GOOGLE MAPS TO ADDRESS: 1418-1570 RUSS BLVD, SAN DIEGO, CA 92101. FROM PARK BLVD, TURN EAST ONTO RUSS BLVD. CONTINUE EAST THROUGH CITY COLLEGE FOR ¼ MILE, THEN TURN LEFT/NORTH INTO THE PARKING LOT THAT WRAPS AROUND THE NORTH SIDE OF BALBOA STADIUM.

Name _____ Circle One MO / DAY / YEAR
M / F Age _____ Birthdate ____/____/____

Address _____ Phone Number: (____) _____

City/State/ZIP _____ E-Mail Address: _____

SDTC Member? Yes No

USATF Member? Yes No USATF Number: _____ CLUB: _____

EVENTS (check events entering)

Track Events (approx. times)

Field Events (approx. times)

8:00 am	<input type="checkbox"/> 3000 meter run (2 heats; women, men)		
8:45	<input type="checkbox"/> Short Hurdles 80 m (30-inches; women 40-59yrs)		
9:15	<input type="checkbox"/> Short Hurdles 100 m (33-inches – men 60-69yrs, women 35-39yrs; 36-inches – men 50-59yrs)	9:00 am	<input type="checkbox"/> High Jump
9:45	<input type="checkbox"/> Short Hurdles 110 m (39-inches – men 35-49yrs)		
10:30	<input type="checkbox"/> Masters Mile (heats 40-49yrs, 50+)	10:15	<input type="checkbox"/> Shot Put
10:50	<input type="checkbox"/> Sub-Masters Mile (30-39yrs)		
11:15	<input type="checkbox"/> 4x400 meter relay (heats for 30-39yrs, 40+)	10:45	<input type="checkbox"/> Long Jump
11:45	<input type="checkbox"/> 800 meters		
12:00 pm	<input type="checkbox"/> 200 meters	11:30	<input type="checkbox"/> Triple Jump
12:30	<input type="checkbox"/> Pain Medley Relay (3 laps-1-2-4)(30-39 yrs)		
1:00 pm	<input type="checkbox"/> Pain Masters Medley Relay (3-1-2-4) (40+ yrs)		

FEES ENCLOSED:

Registration fee; includes 1st event \$20

Events, multiply \$5 per event _____

Day of Race registration add \$15 _____

Total amount enclosed: \$ _____

MAKE CHECK PAYABLE & MAIL TO:

San Diego Track Club
c/o Pain-McMahon Meet

3172 Mount Acmar Court
San Diego, CA 92111

For additional information, please contact: Pain_McMahon_Meet@yahoo.com or Dan Trone (858) 337-5144

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights, claims or damages I may accrue against, City of San Diego, San Diego Unified School District, the SDTC, USATF Inc., USATF San Diego-Imperial and all sponsors of this meet, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from the meet and while competing in the meet.

SIGNATURE: _____ **DATE** _____