



# 2009 USATF NW Region & Oregon Association Masters Championships Included with the Portland Masters Classic June 27th & 28th, 2009



**Sponsored by the Portland MastersTrack Club Held at Mt. Hood Community College, 26000 SE Stark, Gresham OR**

**Ages 19 & over - For more information, contact Paul Stepan, 503-666-8950**

**Reception & NW Region Athletes Meeting held at the track:** PMTC invites you to share provided Pizza and soft drinks at the end of Saturday's events. At this time, you're invited to the NW Region Athletes meeting.

**USATF Membership required to compete**

**Packets:** Available Sat. June 27th, starting at 8:00 AM at Mt. Hood C. C. and at 8:00 AM on Sunday

**Concessions:** Food concessions available during the meet.

**Instructions:**

- Make checks to: Portland Masters Track Club
- Send entry form and check to:

**Don Kane  
14239 NW Mason Hill Rd.  
North Plains, OR, 97133**

- Entries must be postmarked by June 20th, 2009
- Entries require USATF membership numbers.
- \$10.00 late entry fee (based on space availability)
- Medals to first 3 places in each event. 19 to 29 yr age group, 5 yr age div. for 30 yr and up
- Entry packets must be picked up prior to competing
- Registration closed 1 hour prior to event
- Implements for field events must be checked in 30 minutes prior to the event. Some implements are furnished.

**Host Hotels**

*Gresham Area Hotels*

For reservations call toll free:  
866-288-6800  
\$89.99/night  
Standard Room

Tentative Schedule for Saturday, June 27th		
Track Event	Time	Field Event
10,000m run- M&W	9:00 AM	Pole Vault-All W&M60+ Shot Put-All M&W
5,000m Racewalk-M&W	10:00 AM	Long Jump-M19-59
2 K Steeple chase-All Women and Men 60+	11:15 AM	Javelin-All W&M60+
3 K Steeplechase-M19-59	11:35 AM	
80m High Hurdles-M&W	12:00noon	Pole Vault-M19-59
100m High Hurdles-M&W	12:15 PM	
110m High Hurdles-M&W	12:30 PM	Weight Throw and then Super-weight-All W, then All Men Long Jump-All W&M60+
100m Dash-M&W	1:00 PM	Javelin-M19-59
1500m Run-M&W	1:30 PM	
400m Dash-M&W	2:00 PM	
3000m Run-M&W	2:30 PM	

Tentative Schedule for Sunday, June 28th		
5000m Run-M&W	9:00 AM	Hammer Throw-All W&M60+ Discus-M19-64
200m IM Hurdles-W70+	10:00 AM	High Jump, All W&M60+
300m IM Hurdles-M&W	10:15 AM	
400m IM Hurdles-Men	10:30 AM	
200m Dash-M&W	10:45 AM	Hammer Throw-M19-59, Triple Jump-All W&M
1 mile Racewalk-M&W	11:15 PM	
800m Run-M&W	12 Noon	High Jump-M19-59 Discus-All W&M65+
Relays, 4x100m, 4x400m, 4x800m at 12:30		

*Please Print* **Entry Form – Portland Masters Classic - 2009**

Name \_\_\_\_\_ Age(6/27/09) \_\_\_\_\_ Birth Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Club Affiliation \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ USAT&F # \_\_\_\_\_

Yes, I will need ADA accomodation Documentation must be submitted by May 17th, 2009

Events	Best '08-'09 mark	T-shirt \$12 /ea Size	Attend Reception?	Num. of people
1		___ S	Yes ___	
2		___ M	No ___	
3		___ L		
4		___ XL		
5		___ XXL		

**Entry Fees**

**1 event ..... \$20** \_\_\_\_\_

**1st additional event .....\$10** \_\_\_\_\_

**Each additional event beyond 2 ... \$5** \_\_\_\_\_

**Voluntary Contrib. for Officials...\$5** \_\_\_\_\_

**T-Shirt ..... \$12 ea** \_\_\_\_\_

**Late fee after 6/20/09..... \$5** \_\_\_\_\_

**Total enclosed ..... \$** \_\_\_\_\_

**Waiver: Must be signed to compete**

*I waive all rights that I or my heirs or assigns may have against the Portland Masters Track Club and/or Mt. Hood C.C. arising from any injury illness or accident that I may sustain in arriving to, participating in, or departing from this event. I declare my good health to participate in this event.*

Signed \_\_\_\_\_ Date \_\_\_\_\_ Rev.4, Mar.20, 2009