



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