



**USA
TRACK & FIELD**
SANCTIONED EVENT
WISCONSIN
Sanction Number

USA Track & Field



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SANCTIONED EVENT
WISCONSIN

2016 Midwest Region Masters Outdoor Track & Field Championships

AND OPEN TRACK and FIELD ATHLETES RETURN TO WISCONSIN

Sunday, June 26, 2016

Carroll University

Waukesha, Wisconsin

“One of the Finest Outdoor Track and Field Facilities in the Midwest”

Fees:

Entry fee is \$20.00 for the first event ***each individual event*** an athlete enters and \$10.00 for each **additional event** an athlete enters. Relay team entry fee is \$20.00 per team (Masters – new rules will be followed). There will be a \$5 surcharge added for Masters drug testing. **Entries will not be processed unless the entry fee is received with this form. Bring a legible copy of a birth certificate or proof of age along with a verified USATF membership card for each athlete entered, if your age has not been verified on the USATF records.**

Make all checks payable to STEPHEN B. COHEN, MEET DIRECTOR and mail to 2431 The Strand, Northbrook, IL 60062

Eligibility:

This meet is open to all **Masters**, including Sub-Masters (30-34), **who are 2016 USATF member athletes and Open (male and female competitors who are 16 to 29 on the day of the competition) who are USATF members and who will compete in the Open events. The Open events are not part of the Region Championships.**

USATF memberships can be obtained through your Association Membership Chairperson (www.usatf.org/associations) or online at (www.usatf.org/membership). **Non-Registered USATF athletes are ineligible to participate in this event.** Masters' age divisions are determined by day and year of birth on the day of the competition. Any Youth athletes entering the OPEN division must compete at OPEN distances, hurdle heights and/or with Open implements. No athletes who have been suspended by USADA will be eligible to compete, unless that person has been reinstated by the USATF. All entrants are subject to USATF rules and regulations, including drug testing by USADA.

ALL OPEN ENTRANTS UNDER THE AGE OF 21 SHALL INCLUDE A PARENTAL OR LEGAL GUARDIAN SIGNATURE ON THE RELEASE, TOGETHER WITH A PICTURE IDENTIFICATION FOR THE PARENT SIGNING THE MINOR'S RELEASE OR PROOF OF LEGAL GUARDIANSHIP.

The entry confirmation and fees (including T-Shirt orders) must be postmarked by June 11, 2016 or the entry will require a late fee. A \$15.00 late fee will be charged for all late entries (strictly enforced) and no entries will be accepted after 9:30 AM on June 26, 2016 or before the start of any event.

Check-in and same day Registration will open at 8:00 AM on June 26, 2016. Same day registration will close at 9:00 AM and, if an event has already started, no same day entries will be accepted at registration. Same day registration by CASH only.

Awards: Masters event awards will be presented to participants who finish 1st - 3th place in each individual event. Relay prizes will only be awarded in the Masters competition.

Officials: Officials should contact the Wisconsin USATF Association for assignments.

Facility: The track and runways, including Javelin, are Beynon 1000 10ml. Spikes up to but not exceeding ¼" will be allowed. All team and buses, coaches, athletes and spectators must use the Otteson and Overflow Lot. All Parking to the immediate North of the complex will be reserved for meet workers and officials. Your cooperation will be appreciated. Fully Automatic Timing is expected to be present on the date of the competition. **No radios, glass containers, smoking, tobacco, or alcoholic beverages are allowed in the facility.**

Equipment: There will be some Starting blocks but athletes are expected to bring their own. There may be some implements available at the meet, but Field Event athletes are encouraged to bring their own implements. Weighing and checking of implements will take place at Registration.

Airline Travel: Mitchell Field (Milwaukee), O'Hare and Midway Airports (Chicago) service the area. Mitchell Field is closest. The three airports service major airlines.

Specialists may be available to consult with athletes and coaches, at no cost to the athletes and coaches during the competition, as professional support for all athletes and coaches registered at this competition.

All USATF athletes are subject to Drug Testing at any USATF sanctioned event. Masters athletes may also be subject to out of competition testing. Any athletes on Medication should check the USADA website to determine whether or not their medication contains a prohibited substance. If any track and field athlete is on medication that contains a prohibited substance, the athlete may seek a Therapeutic Use Exemption (TUE) from USADA. If you have any questions about drug testing, please refer to the USADA website.

This announcement flyer has been revised as of January 3, 2016.

Contact: Stephen B. Cohen at **219-836-1171** (work) or 847-564-1818 (home). Emails will be accepted at lawsbc@aol.com (show "Midwest Masters" in the subject line).

DIRECTIONS TO CARROLL COLLEGE:

From Chicago and South: 1-94 North to Milwaukee. Exit on 1-894 West and proceed to 1-43 South. Take I-43 to Hwy 164 (Waukesha-Big Bend). Exit Hwy 164 North. Continue straight for approx. 7 miles to College Avenue. Turn left and go 1 block, turning right on Barstow. Parking lots are on the bottom of the hill, complex will be one your left.

From Beloit: Take I-43 North to Hwy 164. Follow rest of directions above.

From Milwaukee: Take 1.94 West. Exit on Hwy F (formerly Hwy 164). Turn left going south. At Moreland Blvd., do not follow Hwy F. Cross Moreland and continue south on Hwy 18 West (North Street) to Barstow Street which is 2.5 miles south of I-94. Turn left on Barstow. The complex and parking lots will be after you get through downtown.

From Madison: Take I-94 East and exit on Hwy F (formerly Hwy 164). Then follow directions from Milwaukee.

**2016
USATF TRACK & FIELD
MIDWEST REGION MASTERS TRACK AND FIELD
OUTDOOR CHAMPIONSHIPS AND OPEN ATHLETES RETURN TO WISCONSIN
JUNE 26, 2016 (TENTATIVE SCHEDULE)**

TRACK EVENTS**

8:45 AM Men and Women 5000m Racewalk
 9:30 AM Men and Women 10,000m will be run together
 10:00 AM Women Short Hurdles (all age group distances)
 10:00 AM Men Short Hurdles (all age group distances)
 10:30 AM Women 1500m
 10:45 AM Men 1500m
 11:00 AM Women 100m FINALS
 11:10 AM Men 100m FINALS
 11:40 AM Women 400m
 11:50 AM Men 400m
 12:05 PM Women 5000m> Will be
 Men 5000m> Run Together
 12:45 PM Women 200m FINALS*
 12:55 PM Men 200m FINALS
 1:15 PM Men & Women 800m
 1:35 PM Women 400m 300m Hurdles
 1:45 PM Men 400m 300m Hurdles
 2:00 PM Women Steeplechase (age group distances,
 Men Steeplechase and will be run together)
 2:20 PM Women 4x100m

 2:30 PM Men 4x100m
 2:50 PM Women 4x400m
 3:00PM Men 4x400m

**FIELD EVENTS **
THROWS**

8:30 AM Men Hammer (followed by Women)
 10:30 AM Women Javelin (followed by Men)
 12:00 PM Discus (Women, followed by Men)
 12:00 PM Shot Put (Men, followed by Women)
 1:30PM Weight (Men, followed by Women)

JUMPS and POLE VAULT

10:00 AM Long Jump (Women followed by Men)
 11:00AM Pole Vault Men and Women together
 12:00PM Triple Jump (Women followed by Men)
 1:30PM High Jump (Women followed by Men)

***There will be no heats. If we have more than nine (9) in the same age group or an open class running event, places will be determined by the fastest times recorded in the age groups.**

Events will run oldest to youngest, male then female (except where noted in the schedule or where events may be combined by the officials or meet director).

Field Event Attempts: Time permitting, where applicable, each athlete will receive three attempts in the prelims and three attempts in the finals (finals to include top 6 in each age group or open). Maximum per flight of twelve (12) in all throws event. The number of throws may be adjusted during the competition and before the start of event based upon the discretion of the chief official or the competition organizer due to weather conditions or other reasons to complete all competition by 5:00 PM.

Field Event Competitors: You must be at your event when your name is called or you will miss the throw, jump, etc. Missed attempts will not be made up or permitted after your flight/group is completed.

The "Printed time schedule" may be adjusted prior to or during the competition due to a larger turn out of athletes, weather conditions or reasons at the Chief Referee's discretion. Therefore, athletes should be prepared for schedule changes.

Midwest Region Questionnaire (please return with your entry):

1. Do you as an athlete prefer to continue to have the Midwest Region Masters Outdoor Track and Field Championships held at Carroll University in Waukesha, WI? Yes_____ No_____
2. If you prefer to have the Midwest Region Masters Outdoor Track and Field Championships held at another venue, what is your venue preference? _____
3. Do you prefer to have the Midwest Region Masters Outdoor Track and Field Championships held over one day or for two days? One day_____ Two days_____
4. Would you like a Midwest Masters Decathlon added to the event schedule? Yes_____ No_____
5. Would you like to have a Clinic at the Midwest Region Masters Track and Field Championships? Yes_____ No _____
6. If the Clinic is held the day before the competition, would you attend the Clinic? Yes_____ No_____
7. If you would like to have a Clinic as part of the Midwest Region Masters Track and Field Championships, what subject matters would you like covered:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
8. Do you object to Drug Testing at the Masters Region Championships? Yes _____ No _____
If your answer is Yes, why? _____

9. Do you have any suggestions related to making this competition better for the athletes? If so, please use the remaining part of this page for your suggestions. Thank you.

ATHLETE RELEASE, ENTRY FORM AND T-SHIRT ORDER FORM

Waivers & Releases: Please put a checkmark in the box beside each statement to indicate you have read and agree to it. Registration for this event is conditioned upon acceptance of the terms below.

Waiver of Liability & Assumption of Risk

For and in consideration of USA Track & Field, Inc. ("USATF") allowing me, the undersigned, to participate in the 2016 Midwest Region Masters Outdoor Track & Field Championships or in the Open Athletes Return to Wisconsin Competition (all included in the "Event"), I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am at least twenty One (21) years of age or older (or, if younger than 21 years of age, that this document is also signed by my parent or legal guardian); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs that would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.
2. I accept sole responsibility for my own conduct and actions while participating in the Event, the condition and adequacy of my equipment, and the protection of my private property.
3. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless Stephen B. Cohen, Shawn Thielitz, Carroll University, the Meet Directors and Officials, the United States Olympic Committee, USA Track & Field, Inc., its Associations and Sport Disciplines, Sponsors, Advertisers, Coaches, Team Managers and Officials; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs, defense costs and reasonable attorney fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties, including with respect to the provision of information regarding rules and scheduling. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.
4. In the event that I am injured in connection with the Event, I hereby consent to the provision of necessary and appropriate emergency medical treatment.
5. As a condition of my participation in the Event, I hereby grant USA Track & Field, Inc., the Wisconsin USATF Association, the Meet Directors, any Meet sponsor and Carroll University a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting this Event, the USATF or the sport of Track and Field. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent, I certify that the birth date and age

information provided and confirmed as part of the entry process is true and accurate and, if signed for a person under 21 years of age, will be executed by my parent or my legal guardian, which release executed by a parent or legal guardian will constitute a complete and unconditional Release and Waiver and apply to all the terms and conditions herein stated. I understand that proof of parentage or guardianship must accompany this entry.

6. I certify that I have read and understand the USATF Rules and Regulations and the terms of this Waiver and Release and I agree to all such terms and conditions.

I wish to order a T-Shirt with the competition logo (proceeds will be turned over to the Coach of the Carroll University Track and Field Program):

Short Sleeve: (S) (M) (L) (XL) _____ x \$12 (_____ \$15 FOR XXL) each= \$_____

Long Sleeve: (S) (M) (L) (XL) _____ x \$15 (_____ \$18 FOR XXL) each= \$_____

Events Being Entered:

_____/_____/_____/_____/_____/_____/_____/_____

Surcharge \$ 5.00

_____/_____/_____/_____/_____/_____ Total Entry Fee: \$_____

(Late Fee of \$15 if post marked after 6/11/16): \$_____

Total with Late Fee \$_____

Name(s) Printed _____

Dated: _____

Signature of Athlete and, if applicable Parent or Legal Guardian – attach Required Proofs-
Driver’s License or State issued picture ID)

USATF Registration No.: _____ Age Group: _____

Date of Birth: ____/____/____ Gender: Male____ Female_____

Address: _____

Email Address: _____ Phone Number _____

Emergency Phone No.: _____ Emergency Contact: _____