



**COLORADO ASSOCIATION AND MASTERS MID-AMERICA REGION
INDOOR TRACK AND FIELD CHAMPIONSHIPS**

United States Air Force Academy (USAFA), Colorado Springs, Colorado
Sunday, February 25, 2007

CONTACTS

Christel Donley
2354 Wood Avenue
Colorado Springs, Colorado 80907
719-635-1264

Jim Weed
2203 E 149th Avenue
Thornton, Colorado 80602
303-451-8727 – home / 303-520-3088 – cell

Tim Edwards – Throws 303-724-0606

USAFA INDOOR TRACK

Field events:

10:00 a.m. - Long Jump then Triple jump

11:00 a.m. - Remaining Field Events

Track events:

10:00 a.m. 3000M Racewalk

10:45 a.m. 60M Hurdles

11:15a.m. 800M Run

11:45 a.m. 60M Dash

12:30 p.m. 1500M Run

1:15 p.m. 200M Dash

1:45 p.m. 3000M Run

2:15 p.m. 400M Run

Relay - 4x1 after 400

This schedule is tentative. It will be followed as closely as possible, but depending on entries, the meet may run faster, or slower, than planned. If so, the scheduling will be advanced or delayed. Athletes and coaches must respond to the public address system announcements to see that competitors are ready for their events.

To get to the USAFA take 1-25 to the NORTH entrance to the Academy and follow the signs to the Field House, and enter at south entrance. Guards at the entrance will give directions if needed. Be prepared to show your ID.

Entry Form: Name _____, Birth Date _____

Address _____

USATF Number _____ Phone Number _____

Club _____

Events: \$20.00 allows entry in up to 2 events. Plus, \$7.00 each additional event. Include best mark.

1. _____ 4. _____

2. _____ 5. _____

3. _____ 6. _____

Make checks payable to: Rocky Mountain Masters Games (RMMG).

Return entry forms to: Jim Weed, 2203 E 149th Avenue, Thornton, Colorado 80602, 303-520-3088, 303-451-8727

I recognize the risks in a competition of this sort, which include it being held at high altitude (7,000 feet) and dry air, and state that I am in proper physical condition needed to compete in the listed events. I release and discharge all claims for injury and damages which I may claim and arising out of my competing in this meet against USATF, Colorado Association USATF, the USAFA and its related departments, their agents, servants and employees. This release is binding on my heirs, executors and assigns.

I have a disability for which I am requesting an accommodation [<http://www.usatf.org/about/legal/policies/ADA.asap>].

My ADA accommodation request is _____.

Date: _____ Signature _____