

# 2010 Rocky Mountain Masters Games

Colorado State University, Ft. Collins, CO

August 28 & 29, 2010 (1 week before Labor Day weekend)

Sanctioned by USA Track & Field

Sponsored by the Colorado Masters Track & Field Club ([www.cmtf-club.org](http://www.cmtf-club.org))

Schedule of Events		Registration	
<b>Saturday, August 28</b> 8:00 Hammer, women & 70+ men Shot Put, 19-69 men 8:15 3K Race Walk 8:45 3K Run on track 9:00 Pentathlon Hammer, 19-69 men Shot Put, women & 70+ men 11:30 Discus, women & 70+ men Javelin, 19-69 men 12:30 Discus, 19-69 men 1:30 Javelin, women & 70+ men 2:00 Weight Throw, ALL Super Weight, ALL - immediately after Wt. Throw <b>2:00 <u>Free Clinic*</u>: field events and hurdles</b> <b>5:30 <u>Colorado Masters Meeting &amp; Dinner*</u>: participants, officials, family &amp; friends invited</b> *Ask at registration table for locations <b>Sunday, August 29</b> 8:30 1500m Weight Pentathlon 9:00 80m High Hurdles 100m High Hurdles 110m High Hurdles High Jump (starting at 5') 9:45 100m 10:00 Long Jump Pole Vault (starting at 9'6") 10:45 800m 11:15 50m 11:45 Predict Time Fun Mile Pole Vault (starting at 5') High Jump (low height) 12:30 200m 1:00 Triple Jump 1:30 300m Intermediate Hurdles 400m Intermediate Hurdles 1:45 400m 4x100m Relay 4x100m Mixed Fun Relay <b><u>Age Groups**</u></b> Masters, 5 year age groups: 35 - 39, 40 - 44, 45 - 49, etc. Submasters: 19 - 29, 30 - 34 **Age as of first day of meet <b><u>Awards:</u></b> Places 1-6 in each event receive RMMG medals. First 3 medals per person are free; additional medals are \$4. <b><u>Entry Deadline:</u></b> Pre-registration is preferred. Registration day of meet is acceptable.		<b>Circle Events Entered</b> <b>Track events:</b> 50m      100m      200m 400m      800m      1500m 3000m      3K Race Walk      80m HH 100m HH      110m HH      300m IH 400m IH <b>Field events:</b> High Jump      Pole Vault      Long Jump Triple Jump      Shot Put      Discus Pentathlon      Wt. Pent.      Wt. Throw Javelin      Hammer      Super Weight If both the pentathlon and open throwing events are entered on Saturday, only a total of six throws will be permitted. The first three throws count for the pentathlon; all six count for the open javelin and discus. <b>Cost:</b> Entry fee and first event      \$ <u>20.00</u> No. of additional events _____ x \$5      \$ _____ <b>Event Total:***</b> \$ _____ (***)If total is over \$35, enter \$35 Rocky Mountain Masters Games T-shirts are \$15 (circle size):      \$ _____ SM      MED      LG      XL      XXL Tax deductible donation      \$ _____ <b>GRAND TOTAL:</b> \$ _____ Make checks payable to "CMTFC" ( ) I have a disability for which I am requesting an accommodation. (Visit <a href="http://www.usatf.org/about/legal/policies/ADA.asap.">www.usatf.org/about/legal/policies/ADA.asap.</a> ) My Americans With Disabilities Act accommodation request is:	
		<b>Name:</b> <b>Address:</b> <b>City:</b> <b>State:</b> <b>ZIP:</b> <b>Phone:</b> <b>Email:</b> <b>Sex:</b> <b>Age:</b> <b>Birthdate:</b> <b>USATF 2010#:</b> To compete in the Rocky Mountain Masters Games, I do, for myself, my heirs, and my administrators, waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue to me or my heirs against Colorado USA Track and Field, the sponsors, officers, and agents thereof. I certify that I am in good physical condition and recognize that this meet will be held at high altitude (~5000 ft.) and that the weather conditions can vary from very hot to very cold in short periods of time. <b>Signed:</b> <b>Date:</b>	
		<b>Contacts</b> Jim Weed, 303-451-8727 <a href="mailto:rockymtnmastersgames@msn.com">rockymtnmastersgames@msn.com</a> Jerry & Christel Donley 719-635-1264 <b>Throws &amp; Implements:</b> Tim Edwards, 303-724-0606 <a href="mailto:tedwa851@gmail.com">tedwa851@gmail.com</a> <b>Mail registration and check to:</b> Colorado Masters Track & Field Club c/o Jim Weed 2203 E. 149 <sup>th</sup> Ave., Thornton, CO 80602	