

2012 Rocky Mountain Masters Games

Colorado State University, Ft. Collins, CO

August 25 & 26, 2012 (1 week before Labor Day weekend)

Sanctioned by USA Track & Field

Sponsored by the Colorado Masters Track & Field Club (www.cmtf-club.org)

Schedule of Events

Saturday, August 25

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

5:30 Colorado Masters Meeting & Dinner, Golden Corral, 901 E. Harmony Rd. Participants, officials, family & friends invited

Sunday, August 26

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

Age Groups*

Masters, 5 year age groups:
35 - 39, 40 - 44, 45 - 49, etc.

Submasters:

19 - 29, 30 - 34

*Age as of day of meet

Awards: Places 1-3 in each event receive RMMG medals.

Entry Deadline: Pre-registration is preferred. However, registration on the day of the meet is acceptable.

Registration

Circle Events Entered

Track events:

50m	100m	200m
400m	800m	1500m
3000m	3K Race Walk	80m HH
100m HH	110m HH	300m IH
400m IH		

Field events:

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.

Cost:

First Event \$10 if pre-registered or \$15 if registered day of meet \$_____

No. of additional events ____ x \$5 \$_____

Event Total:* \$_____

(*If total is over \$30, enter \$30)

Rocky Mountain Masters Games

T-shirts are \$15 (circle size): \$_____

SM	MED	LG	XL	XXL
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Tax deductible donation \$_____

GRAND TOTAL: \$_____

Make checks payable to
"CMTFC"

() I have a disability for which I am requesting an accommodation. (Visit www.usatf.org/about/legal/policies/ADA.asap.)

My Americans With Disabilities Act accommodation request is:

Name:

Address:

City:

State:

ZIP:

Phone:

Email:

Sex:

Age:

Birthdate:

USATF 2009#:

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.

Signed:

Date:

Contacts

Jim Weed, 303-451-8727
rockymtnmastersgames@msn.com

Jerry & Christel Donley
719-635-1264

Throws & Implements:
Tim Edwards, 303-724-0606
tedwa851@gmail.com

Mail registration and check to:
Colorado Masters Track & Field Club
c/o Jim Weed
2203 E. 149th Ave. Thornton, CO 80602