Entry Form
2015 Open and Masters Indoor USATF/Iowa Association Championships and Invitational

Sunday, March 8, 2015
Grinnell College Track
Grinnell, Iowa

LOCATION: Grinnell College, Grinnell, IA
TRACK: 6 lane, 200 Meter
ENTRY FEE: $5.00 per competitor, USATF Membership also suggested
REGISTRATION: 8:00 AM – 11:00 AM (Absolutely **NO** Registration after 11:00)
MEET: 9:00 AM – Field Events, 11:30 AM – Track Events.
SHEDULE (Appr): (This meet will be ran in conjunction with the JO meet)

9:00	HJ (Bar will start at low height and move up. Bar will not move down once started.)	
	LJ Cafeteria Style, 4 Jumps	
	SP Cafeteria Style, 4 Throws	
10:00	PV (Bar will start at low height and move up. Bar will not move down once started.)	
	WT (Immediately after SP) Cafeteria Style, 4 Throws	
11:30	60 M Hurdles	Timed Finals
12:00	1500 RW	Finals
12:15	60 M Dash	Timed Finals
1:15	800 M Run	Finals
1:45	200 M Dash	Timed Finals
2:45	3000 M Run	Finals
3:15	400 M Dash	Finals

(Competitors must supply their own implements)

AGE: Age determined as of day of meet.

SEND TO: Jim Walczyk
4400 EP True Parkway, Unit 52.
West Des Moines, IA 50265

OR jim.walczyk@gmail.com
(515) 771-4246

Make check payable to USATF-Iowa (entries due 3/5/2015 or on site day of meet)

2015 Open and Masters Indoor USATF/Iowa Championships and Invitational Meet

NAME_____**BIRTH DATE**_____**AGE AS OF 3/8/2015**_____

ADDRESS_____**CITY**_____**STATE**_____**ZIP**_____

PHONE_____ **SEX** ____ **2015 USATF #** _____**EMAIL**_____

WAIVER: In consideration of acceptance of this entry, I intend to be legally bound for myself, my heirs, executors, administrators to waive and release any and all rights and claims for damages I may have or that may hereafter occur to me against the USATF/Iowa Association, the City of Grinnell, or Grinnell College in connection with the Track & Field Meet held at the Grinnell College track.

Signature_____

Date_____

AGE DIVISION

Sex: ☐ Male ☐ Female

☐ Open 19-29
☐ 30-34
☐ 35-39
☐ 40-44
☐ 45-49
☐ 50-54
☐ 55-59
☐ 60-64
☐ 65-69
☐ 70-74
☐ 75 and above